



**Glenn Livingston, Ph.D.
And Shell P:**

“The Limitations of Mindfulness”

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Dr. Glenn: Really, the reason I wanted to talk to you was to hear a little bit more about your experience, what brought you to us, what you were hoping to accomplish, what you did accomplish, any place that you're still stuck. I'd love to hear more about it. Any feedback you have about the program, specifically would be great.

Shell: I was in a place of frustration with whatever was happening with my eating habit at the time. My primary issue has always been to, for lack of a better way to put it, just not yet yanked around by my habitual patterns or cravings. And I had been or have been using mindfulness techniques for probably in a year and a half. Are you familiar with this program called Eat Right Now?

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GLENN LIVINGSTON Ph.D.



Dr. Glenn: Mm-hmm, but not everybody else is, so go ahead.

Shell: So I had been actually asked to look at that program as a beta test. I had met him through the Center for Mindfulness, MBSR teacher at the hospital where I work. And he had his craving to quit program and was looking for people who would be interested in trying the Eat Right Now program and I said I would. And I was curious because personally, I've had like since my teen years -- and I'm 52 now, challenges with food and cravings so it was appealing to me for a personal level as well. So I had done the program, had a lot of success with it, had found that the tool that I learned through his program were extremely helpful and yet has found that I drifted away from the daily practices.

Just like I said, out of some frustration, my own, I don't know, if you want to call my own limitations with applying it regularly or being consistent or if not, completely "Fixing my problems." I think I was on some website that referred to your book and so I decided to check it out and then went on Amazon and saw that you had it on a Kindle and there's a shifting like a totally risk-free opportunity and it really resonated with me. It filled in gaps where the mindfulness training, I though, left off, and so I found it really helpful to think I do struggle with the whole pig concept. But I didn't have any problems with reading the book and going through the mentoring program, which I found for me that was essential. It didn't even take me a second to sign up for that program. It kind of went hand in hand with the book. I knew that I needed to have the coaching aspect.

Dr. Glenn: Why did you do that?

Shell: Well, because my previous experience with reading books, like going back to my early 20's reading Geneen Roth and whatever else is read



since, it kind of goes in one year and out the other after a little bit of time. And for me, the one-on-one was really effective and I knew that about my personality now at this point in my life that if I was going to actually get anything out of this, I needed to just sign up and do it with a coach.

So I didn't want to read another book. And I wasn't interested in the other books that I saw that were out there, I just knew I needed something that was more hands-on and so that's why I find that right away and I did find that it was extremely helpful. And having weekly calls just kept me on pace. And I did the exercises and learn from other people's experiences, learned a lot about myself in relation to my food issues with comparatively to other people that was interesting. And I got a lot out of the coaching call, although I didn't call like all the time; I didn't eat it all the time, but just having that accountability I think was really important. And the support, it wasn't about keeping me on track, it was more like if I got stuck or had a question, it wasn't like, okay, I forget it. It was more like, well, I actually have a resource where I can go to move forward on this. And so that's how I used it and I found it really helpful.

Dr. Glenn: When was it that you did the program?

Shell: February I think is when I started the calls.

Dr. Glenn: What it's been like since then? Since everything ended and?

Shell: Okay. The awareness factor went up huge. I started calling it my binge brain, but the mindfulness piece is like here's my thought. I was aware of my thoughts, but really getting the sense of it being from this other place in my brain and I get the neuroscience part. And the thing



that was helpful for me first off with the mindfulness training was seeing these as habits, so I learned then that I have these habits where I come home and I want to eat. So food was like a transitional activity for me. When I get in bed at night, I want a snack. When I used the NBA program with those things, it was kind of like it brought it more into the realm of thoughts, that just a thought, it was just this voice in my head and I don't have to choose to listen to it and I got much, much more awareness of all that thoughts that I had using your program.

So I could work with the thoughts that I was aware of with mindfulness, but it wasn't helping me learn about the new thoughts. And I have this weird question in my sort of progress where I have the sense like, well, I have a craving and my cravings will not go away until I satisfy it. And yeah, I'm becoming aware of my cravings, but then I wasn't actually applying, maybe not quick enough, the principles that I had been learning in the Eat Right Now program to not give into the craving. And I understood the neuroscience. I knew every time I did that it was strengthening it, not weakening it. But when I had the NBA tools, I got that better. I don't know, maybe I'm just a slow learner, but it really kind of finished me off as far as really getting that down.

Dr. Glenn: Never Binge Again makes us more aware of the destructive inner voice whether you call it the binge brain or the pig or whatever you call it because it forces you to think through with much greater clarity exactly where the line is between healthy or unhealthy food choices. And what happens is some other people just try to approach food mindfully without really delineating what's healthy and what's not healthy for them personally, then there is this gray area where the pig can confuse you and you think that it's you. When you have that clarity, then the voice becomes a lot clearer.



Shell: Thank you for articulating that so well. That's exactly right. It's like the mindfulness training was like there's no rules. There are no rules. I have a lot of trouble with that because there were things that were not good for me physically and psychologically and that wasn't a piece of that program and this was. And there was no sort of like, you're doing it wrong by defining that. And I felt like that was kind of part of the mindfulness training where it is supposed to be everything is open. That wasn't working for me at all.

Dr. Glenn: I hear that a lot. Yeah.

Shell: This was really different and helpful.

Dr. Glenn: I want people to be mindful, but mindful within their boundaries.

Shell: Yeah, yeah. Exactly.

Dr. Glenn: It's kind of like driving. When you're driving, you know where the red lights are and you know what to do with a red light and you know what to do with a stop sign and you know what the speed limit is. And people drive kind of intuitively. They're not obsessing over, oh, my God, the next red light is coming up and what am I supposed to do there? It's not a lot of effort, it's a way of being that just drive intuitively, but they're doing it within a set of boundaries. And there's a safety within those boundaries that actually supports the mindfulness and supports that day-dreamy kind of feeling you get when you drive that I want you to get with Never Binge Again.

Shell: I totally get that.



Dr. Glenn: Shell, what's it like now when you make a mistake as compared to what it was like before?

Shell: The whole mistake aspect, it wasn't like a big crisis for me, so I never had that issue. It is more like, oh, no, I'm strengthening it wrong. So, it wasn't like a big issue in that respect. The frustration though that led me to your work was just seeing these repetitive things continue and just like, God, this is not quite it for me. What it is going to be it for me?

Dr. Glenn: Did you have a weight issue?

Shell: No. No, I never had to lose weight or anything like that. No.

Dr. Glenn: Gotcha.

Shell: It was more like I had destructive choice problems physically. And choosing that physically made me ill and like, what is up with that? And like you said before, I really needed boundaries. That was a sense of freedom for me.

Dr. Glenn: There you go. Is there anything that I should have asked you that I didn't ask you? Anything you wanted to be able to say that you didn't get a chance to say?

Shell: No. I think though, like I'm just looking at my notes, I think we hit it all, but the aspects of the why I think is funny. At the end of the coaching sessions, they're about to run out, I noticed when I would trip up, it was like there was this argument in my head about my why. And when I went back and really fill that out completely with my coach, I have not struggled since then. Like, really literally I've not struggled since then.



But it's not about learning the program or rules, it's like, okay, well, how do I want to feel? What's important to me?

Dr. Glenn: Yes. And when you can really paint that picture of the future that you're aiming towards and have that pull you much more so than running away from all the bad foods that you have rules to stop yourself from having, the bad food becomes unappealing. When you're really connected to your purpose and what you're aiming for, anything that your binge brain can say just seems silly.

Shell: Exactly. And that voice got so small it wasn't even a point anymore. It was very dramatic that change, actually.

Dr. Glenn: It's terrific.

Shell: Maybe just focusing on that more or maybe I just missed that part, but it's not you.

Dr. Glenn: We spent a whole hour on it, maybe we could spend a little more time on it. Maybe we can. What we have people do once they've constructed it is program it into their day everyday kind of like a vitamin. Personally, I've got it on an MP3 player and I have some motivating music behind it and I listen to it every day when I'm making my salads or getting prepared to exercise or something like that. It's just always available on my smartphone; I can push the button and listen to it. First, it felt like a chore and then I got really happy about listening to it all the time.

Shell: Nice. And it's amazing how this voice just like doesn't exist, like it's shocking to me. Amazing.



Dr. Glenn: It's wonderful. I'm so glad it's been helpful to you. Is there anything else I can do for you?

Shell: I don't think so. Just thank you for putting this out there.

Dr. Glenn: You're very welcome.

Shell: And for getting it to as many people as possible. It's really nice to see all your efforts.

Dr. Glenn: Thank you for taking the time to do this with me and we're trying to help a million people a year. That's the whole idea.

Shell: Sounds good.

Dr. Glenn: Okay. Thank you too. Bye.

Shell: Thank you. Uh-huh, thanks. Bye.

Dr. Glenn: Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit FixYourFoodProblem.com. FixYourFoodProblem.com. If you'd like to become a certified professional Never Binge Again independent coach and turn your passion for Never Binge Again into a lucrative, rewarding and fun career, please visit BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com where you can attract high-paying clients by leveraging my credibility and the Never Binge Again brand and help them stop overeating and obsessing about food so they can achieve their health and fitness goals at BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com. Thanks.



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