

## Glenn Livingston, Ph.D. And Sherel “Divorcing Your Inner Pig™ for Good!”

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**Dr. Glenn:** It's the very good Dr. Glenn Livingston with Never Binge Again. I'm here with a kindhearted woman named Sherel who is a client and a reader and a nice lady. Where are you calling from, Sherel?

**Sherel:** I'm calling from Pasco, Washington, Washington State.

**Dr. Glenn:** How is the air quality there?

**Sherel:** It's good today. We have a bit of a breeze that's sweeping the air and it's really nice today, beautiful out there.

**Dr. Glenn:** It was rough for a while but good.

**Sherel:** Yeah.



**Dr. Glenn:** Why don't we start at the beginning? Could you tell us a little bit about your life before Never Binge Again? And then how did you find us and what happened?

**Sherel:** Well, I grew up as so many people who are in Never Binge Again with a family who didn't have a healthy relationship with food at all. All of them battled weight. I remember my dad passing me the potatoes and saying, "You want some more of this, fat girl?"

**Dr. Glenn:** Oh no.

**Sherel:** Yeah, that stung. That stung. And so I always had this image of myself as fat. And I think the first time I went on a diet was probably when I was 12 years old or so. I don't know if other people remember the protein diet and all you were supposed to have was protein. It wasn't like the keto today where you also had some fat mixed in and vegetables. It was strictly protein. Of course, I lost weight quickly but I gained it back even quicker and gained back more. It's that diet mentality that you don't even realize that you're stepping into if I had known, but I just had no idea.

In my family, they thought that a serving was a big bowl heaped high. It wasn't just attitude and their problems with obesity, it was just a total lack of knowledge about nutrition and portion size. And so I grew up battling weight all my life. My folks were either on a diet or off a diet and when they're off the diet, they're bingeing because they're anticipating the next diet. And that's the mentality that I picked up and grew up with.

By the time I was 50 years old, I had yo-yoed all my life. I finally lost weight with Weight Watchers and I did really well with that. I have



nothing against Weight Watchers. I like the program that I started with and about a year later they changed it and I never really got comfortable with any of the other iterations of Weight Watchers.

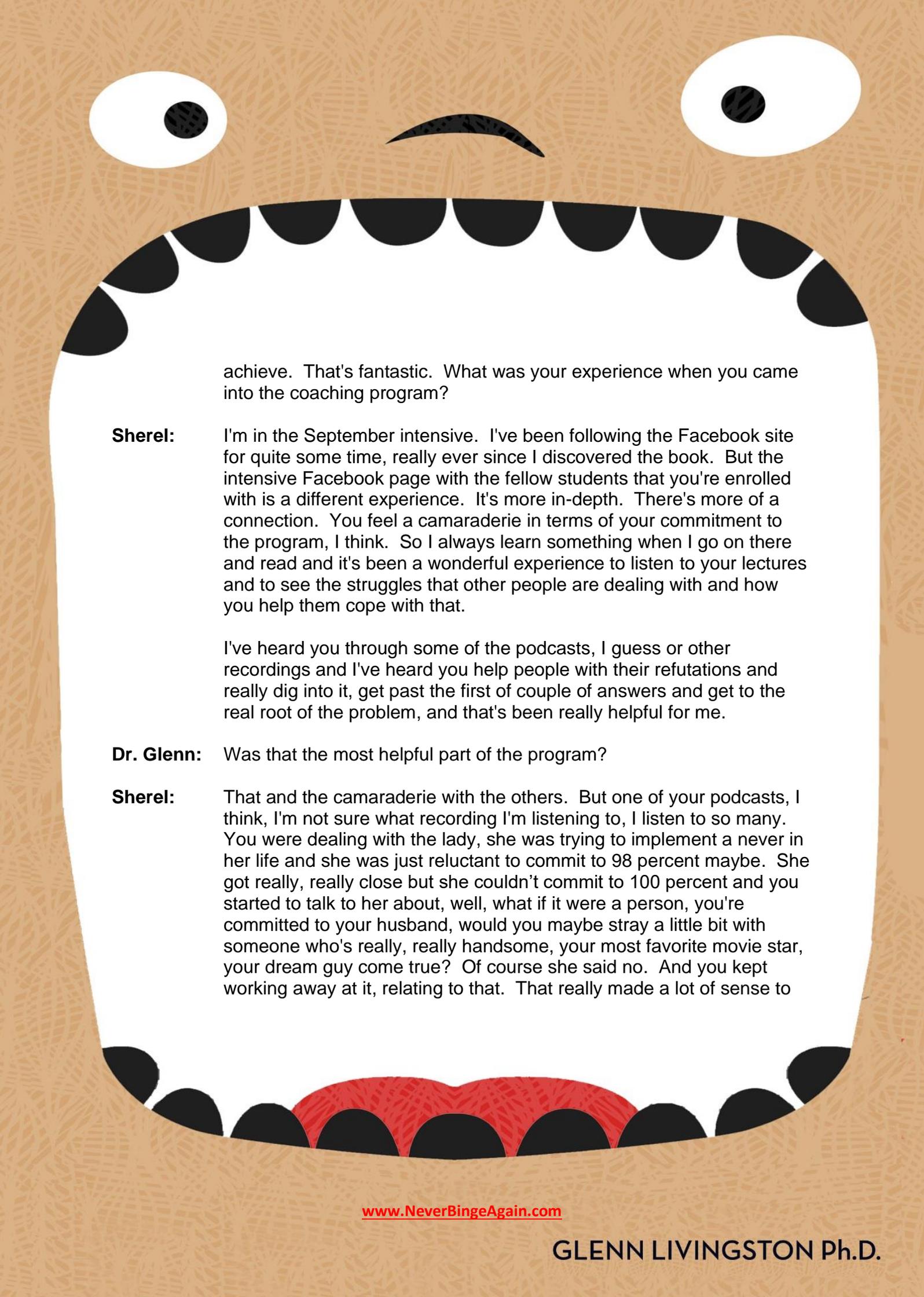
But what I liked about it was it steered you towards good, healthy food choices because wouldn't you rather have a nice big salad rather than one cookie, one little tiny cookie kind of thing. So I lost 50 pounds and you could have tipped me over with a feather because not only did I lose it, but I kept it off for quite a while. In fact, I kept it off for about 10 years all by myself, didn't know about Never Binge Again yet, I wish I had. And then I get a job where everybody had food around. Every office had a big bowl of inviting candy, including favorites like Snickers and Mr. Goodbar and I gained 15 pounds. And I was so depressed because I had been successful and now I could feel myself slipping out of control.

On September 28th of 2018 -- I guess it was actually September 27th, because on the 28th, I Googled about how to stop bingeing and that's how I encountered your book, and kind of the rest is history.

**Dr. Glenn:** A little while ago.

**Sherel:** It was a little while ago, only a couple of years. But when I discovered NBA is what I call it or Never Binge Again, I was able to lose that 15 pounds plus another 15 pounds I never dreamed I would lose. I weigh less now than I did when I was 18, even at my thinnest. I wear smaller sizes and I feel better than I did when I was 18, and I'm 64 years old. Thank you so much for that.

**Dr. Glenn:** I'm looking at a video of you now and you don't look too thin at all. You look just about perfect. So you were able to achieve what wanted to



achieve. That's fantastic. What was your experience when you came into the coaching program?

**Sherel:** I'm in the September intensive. I've been following the Facebook site for quite some time, really ever since I discovered the book. But the intensive Facebook page with the fellow students that you're enrolled with is a different experience. It's more in-depth. There's more of a connection. You feel a camaraderie in terms of your commitment to the program, I think. So I always learn something when I go on there and read and it's been a wonderful experience to listen to your lectures and to see the struggles that other people are dealing with and how you help them cope with that.

I've heard you through some of the podcasts, I guess or other recordings and I've heard you help people with their refutations and really dig into it, get past the first of couple of answers and get to the real root of the problem, and that's been really helpful for me.

**Dr. Glenn:** Was that the most helpful part of the program?

**Sherel:** That and the camaraderie with the others. But one of your podcasts, I think, I'm not sure what recording I'm listening to, I listen to so many. You were dealing with the lady, she was trying to implement a never in her life and she was just reluctant to commit to 98 percent maybe. She got really, really close but she couldn't commit to 100 percent and you started to talk to her about, well, what if it were a person, you're committed to your husband, would you maybe stray a little bit with someone who's really, really handsome, your most favorite movie star, your dream guy come true? Of course she said no. And you kept working away at it, relating to that. That really made a lot of sense to



me to have a vow to what you're doing versus a rule. That really clicked something in my mind.

**Dr. Glenn:** Because we don't say that, I really want to be 100 percent faithful to you but there are a lot of attractive men out there and what if I forget, I can't 100 percent say that I'm going to do that? There are some behaviors, some pleasurable behaviors that we swear off of because we want to accomplish something else in the world.

**Sherel:** And I could really, really relate to that. I think most married women can really relate to that concept whereas we couldn't really relate to swearing off ever having another donut again or chocolate again. We couldn't relate to that. I think that Americans have such a sense of entitlement about food and it's such a complicated issue societally, as well as just nutrition and diet and all of that. What do we do when we're going to celebrate? We have a feast. What do we do when we're sad? Like at a funeral, everybody brings food and everyone overeats. At holidays, we overeat. Food is just so ingrained in our lives and that's why I couldn't really wrap my mind about never ever having, say, peanut butter again but I could wrap my mind around vowing to never ever have peanut butter again.

**Dr. Glenn:** There you go. Where there any other pieces of the program that you used?

**Sherel:** The real time refutations. I was considerably advanced over many of the people in the course because I've been doing it on my own for two years and I'll tell you what, if I had found the program back then, the thing that I would really recommend to people is buy the books, listen to everything but join the intensive. There's nothing like that.



**Dr. Glenn:** What makes you say that?

**Sherel:** I think it's the personal one on one, that we know that we're going to be in touch with our coach. We get to listen to you, to our fellow students. It's not just some older recording or anything, it's people who are experiencing this in real time. It's just invaluable.

**Dr. Glenn:** You can come on the calls and talk to us, too, right?

**Sherel:** Right, absolutely.

**Dr. Glenn:** Anything that I should have asked you that I didn't ask you today?

**Sherel:** I don't know if you read the emails that Fiona forwarded to you. I actually divorced the pig.

**Dr. Glenn:** I saw it, but you can tell people about that.

**Sherel:** Yeah. I divorced and I also did not just did a divorce decree, but a restraining order and I put it in a kind of legalese kind of terminology. It was under the divorce decree that I declared my nevers. And then I actually married my better, kinder self and I had the vows again. That's where I put my alwayses, like always wanting to have at a minimum 10,000 steps a day or 10 flights of stairs. That was a really profound experience for me and I took it very seriously. I found myself a little heart charm that I put on a necklace I wear all the time, and it's not been very long. I only did this a week and a day ago but it's really been helpful to touch base with that whenever I've been tempted.

One thing I can tell people down the road, you aren't going to be as tempted as you used to be. You really learn the value of not only being



thinner, which is wonderful, not only not binging and having that loathing and miserable feeling and the guiltiness. Those are wonderful things but beyond that, you feel so healthy and so you aren't as tempted to have food that's not good for you.

**Dr. Glenn:** Survival drive adjusts to want good things. You don't want to give up that feeling and the pig says you're going to be tortured forever but it's really not true.

**Sherel:** Right. That pig, it's just full of it, excuse after excuse. But I did find the real time refutations very helpful, even if I did it in retrospect that certainly in real time I don't think I ever binged after doing a real time refutation. Actually I haven't binged really at all for quite some time but nevertheless I didn't even feel the least bit tempted after a real time refutation and writing it down in one form or another, very helpful.

**Dr. Glenn:** Wonderful. Is there anything you wanted to ask me that you haven't had a chance to ask me?

**Sherel:** I just would thank you again for putting this out there. I think that you're such a kind, caring man and you've done so much, alleviated so much misery, and I really appreciate that.

**Dr. Glenn:** Sherel, what a sweetheart you are. What a sweetheart. You're very welcome. Thank you for saying that.

**Sherel:** Thank you.

**Dr. Glenn:** One last thing. If people were concerned about the time or the money to do this, what would you say?



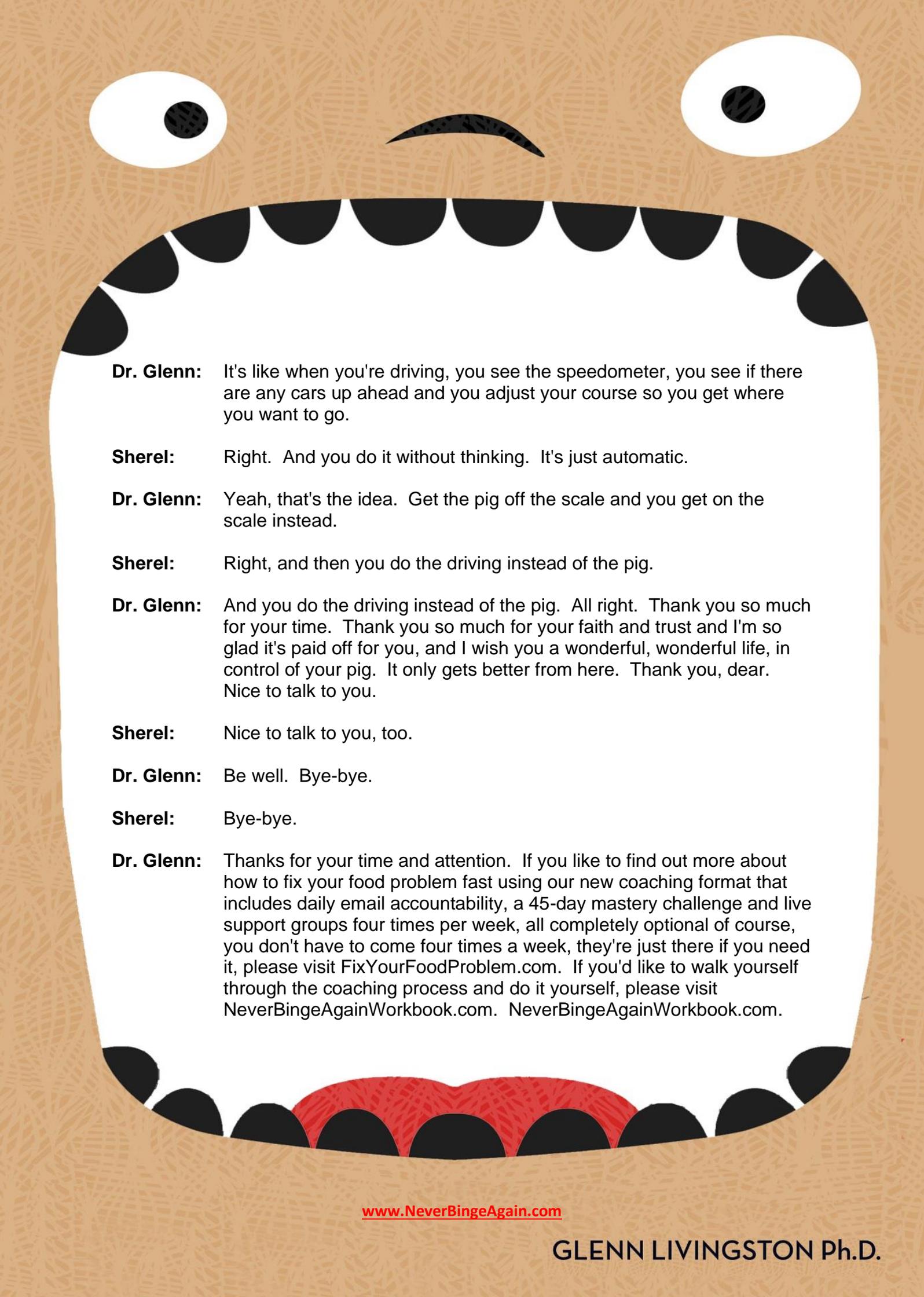
**Sherel:** Don't be. If you want to lose the weight and more importantly, never be bothered by that obsession again, get command of it, don't worry about the expense, don't worry about the time, just do this. You're giving yourself the most wonderful gift and I can guarantee that it will work if you put in the time and the effort. I can guarantee it will work and I can guarantee you'll feel so much better. I mean, it's pretty impressive, here I am sitting in front of you, 64 years old, and I feel better than I did when I was 18. Part of that is giving up gluten but I was able to give up gluten with the Never Binge Again principles.

**Dr. Glenn:** Sure. Are there any tricks that you would tell people about the last 10 or 15 pounds?

**Sherel:** I'm glad you asked that question, Glenn, because you know what I did that I finally shed those last 15 pounds was I started to weigh on a daily basis. I was really set against that. I didn't like that idea. But I decided I give it a try. I don't remember the particular venue where you said that it really worked and I think you likened it to just setting a course and making those course corrections all the time. But when I started to weigh every day and I recorded, man, those pounds just melted away.

**Dr. Glenn:** I love it.

**Sherel:** I've weighed 135, give or take, a couple of pounds now for over two years. Not quite two years. I'm never consciously, oh my gosh, I weigh 137, I better be more careful today. It's just information. I don't feel particularly good about it or particularly bad. It's information and it's information that helps me stay on track.



**Dr. Glenn:** It's like when you're driving, you see the speedometer, you see if there are any cars up ahead and you adjust your course so you get where you want to go.

**Sherel:** Right. And you do it without thinking. It's just automatic.

**Dr. Glenn:** Yeah, that's the idea. Get the pig off the scale and you get on the scale instead.

**Sherel:** Right, and then you do the driving instead of the pig.

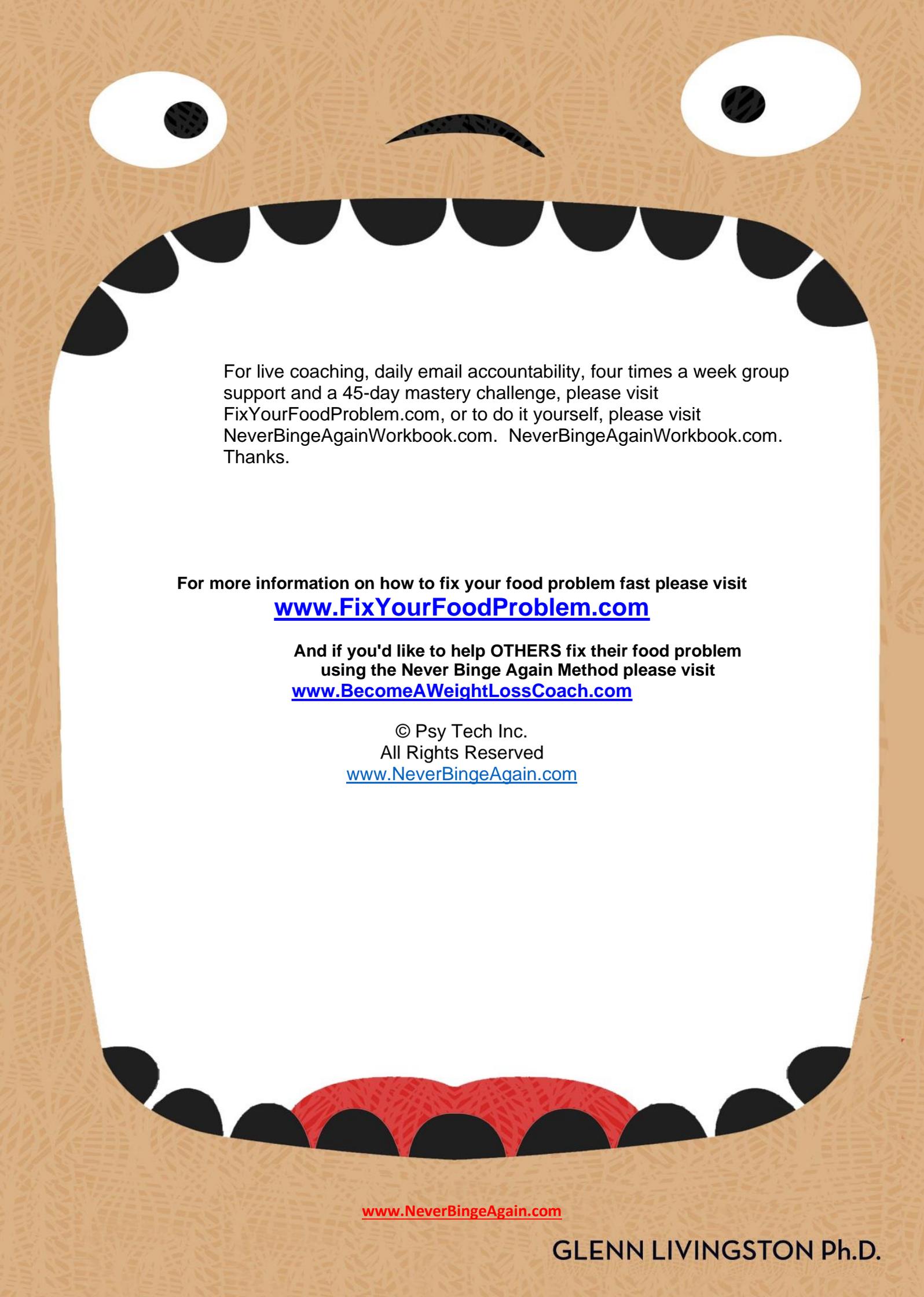
**Dr. Glenn:** And you do the driving instead of the pig. All right. Thank you so much for your time. Thank you so much for your faith and trust and I'm so glad it's paid off for you, and I wish you a wonderful, wonderful life, in control of your pig. It only gets better from here. Thank you, dear. Nice to talk to you.

**Sherel:** Nice to talk to you, too.

**Dr. Glenn:** Be well. Bye-bye.

**Sherel:** Bye-bye.

**Dr. Glenn:** Thanks for your time and attention. If you like to find out more about how to fix your food problem fast using our new coaching format that includes daily email accountability, a 45-day mastery challenge and live support groups four times per week, all completely optional of course, you don't have to come four times a week, they're just there if you need it, please visit [FixYourFoodProblem.com](http://FixYourFoodProblem.com). If you'd like to walk yourself through the coaching process and do it yourself, please visit [NeverBingeAgainWorkbook.com](http://NeverBingeAgainWorkbook.com). [NeverBingeAgainWorkbook.com](http://NeverBingeAgainWorkbook.com).



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