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Never Binge Again: Reprogram Yourself To Think Like A Permanently Thin Person



Synopsis

If you struggle with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset. Most contemporary thought on overeating and bingeing focuses on healing and self-love. But people who've overcome food and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child. Open the cage even an inch - or show that dog an ounce of fear - and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat. From his perspective as a formerly food-obsessed psychologist - and previous consultant to major food manufacturers - Dr. Livingston shares specific techniques for isolating and permanently dis-empowering your "fat-thinking self". He reveals much of his own personal journey in the process. If, despite your best intentions, you find yourself in one or more of the following situations, then this book is for you. You've tried diet after diet with no permanent success You constantly think about food and/or your weight You feel driven to eat when you're not hungry (emotional overeating) You sometimes feel you can't stop eating even though you're full You sometimes feel guilty or ashamed of what you've eaten You behave differently with food in private than you do when you're with other people You feel the need to fast and/or severely restrict your food to "make up" for serious bouts of overeating

Book Information

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Customer Reviews

Last week I ate myself into a near coma |Ok fine, call it a really deep sleep... but I ate everything I

could after my wife & daughter went to bedâliterally hiding my addiction and my compulsive behavior from my family who loves me. I have been like this for a very long time and it is maddening and just plain torturous. At age 43, I am clinically obese. I have hated myself, condemned myself, and treated myself with such anger and viciousness over the years it is truly saddening. I have exhausted myself attempting to climb out of this hole thousands of times, only to slip farther into darkness and deeper into food addiction and what has started to become a severe binge eating disorder. Hopeless? Yes, you could say that. Overly dramatic? Perhaps. I am sure anyone who has ever attempted getting over an addiction can relate. Feeling powerless and at the mercy of food tears you apart from the inside, little by little. I used to be filled with confidence and strength. Where did that guy go? After my binge last week, I recognized that things had gotten exponentially out of control over the past 6 months. My health was deteriorating, but I still couldn't stick with any plan no matter what I tried. No matter what leverage I attempted to apply to my efforts to give me more will power and strength just served to offer up more ammunition to thoroughly pummel myself once I failed. That night though, uncharacteristically, I treated myself with pity, even a bit of love. I said "I need to keep working. I need to keep searching for answers. Now." That moment I went on, still in my post-binge haze, and ordered two books. The first I read in a day and left me with no lasting impressions - More hugging my inner child with little to no applicable wisdom to help.

Let me say up front that I'm a fanatic about watching my weight. I actually count calories, which doesn't work for most people for a number of reasons. And as for bingeing I've been there and done that a time or two, and in fact can say that bingeing is a real threat to any weight maintenance program. My weight today is just inside the normal range but I have been technically fat three times in my life. Most of my life I never had to think twice about what I ate because I played full court basketball three times a week for decades. Okay, well, I can't play basketball anymore and of course neither can most people for a number of reasons. So what's a body to do? Dr. Livingston's approach is psychological. The main conceit is that there is a pig inside you that squeals a lot when it doesn't get what it wants, and what it wants is to binge big time and often. "FEED ME!" it screams. In addition to bullying you it has all sorts of appealing rationalizations for going on binges. It reminds me of the little devil that would sit on a cartoon character's shoulder (with the angel on the other) and encourage in sweet whispers, "Do bad things." According to Livingston you have to be your own angel. You have to have a no-binge plan and you have to say NO! to bingeing, period. The pig wants to shame you, you instead shame the pig. You shut it up and you give it a clear and uncompromising NO, always and forever, NO! It is important that you realize

the pig is the enemy. Livingston says to treat it like a criminal. I'm not so sure how Dr. Livingston's rather unusual approach would work for most people, and to be candid this program is very much a will power program but with a twist.

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