



## Never Binge Again(tm): Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice! (Paperback)

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By Glenn Livingston Ph D

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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