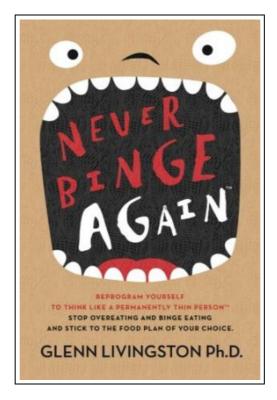
Never Binge Again(tm): Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice! (Paperback)



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Reviews

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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)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. 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 Il 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. Never Binge Again can help you: Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals. Quickly...

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