

SQOXg [Free PDF File] Never Binge Again: Reprogram Yourself to Think Like a Permanently Thin Person

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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

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