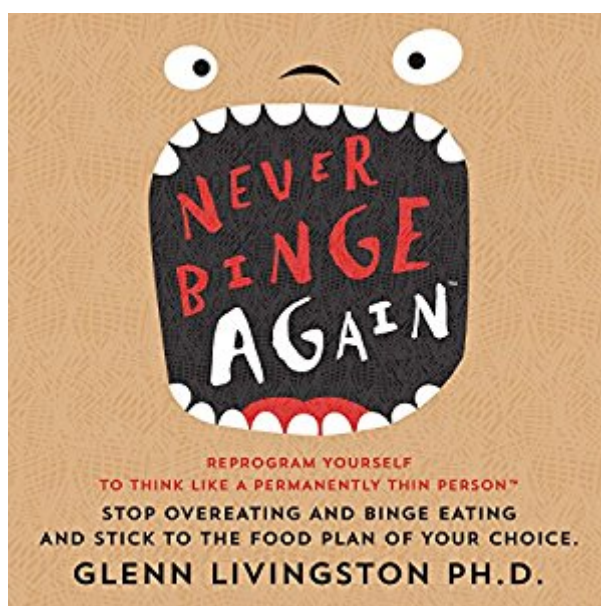


The book was found

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

Audible Audio Edition

Listening Length: 3 hours 23 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Psy Tech, Inc.

Audible.com Release Date: June 7, 2016

Language: English

ASIN: B01GP0KYSG

Best Sellers Rank: #14 in Books > Health, Fitness & Dieting > Mental Health > Eating

Disorders #36 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #181

in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

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 bed - 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 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. I then began reading "Never Binge Again". Within 3 pages I knew something was different. This book "is" different. It "is" unorthodox. And it is exactly, and I mean exactly what I needed. For the last 35 years I have been torturing the wrong person. I have been slaughtering myself when what I needed to do was slaughter the pig that lives within me. The author divides the binge eater's mind into two parts, the thin, healthy self and also the fat, unhealthy self: The Pig. The differentiation is magic, the clear line of demarcation pure magic. My entire perception has changed with regards to food. You need to read this book, cover to cover, and absorb what is there and do what the author says. Make your food plan - and make it airtight. Anyone who is a professional dieter like me should be able to do this almost instantaneously. I put it on a big piece of paper and sectioned it off. As I made it, I realized something. I was hopeful. Excited. Now that's a change. I know what you're saying. Sure it's early, it's only been about ten days for me, but I'm used to dieting and being obsessed with what I am going to eat from meal to meal absolutely obsessed! The energy that takes is staggering then I would just implode. That is different now. I don't feel that at all. Sure I think about it, but not the same way. That is why I am

writing this and will follow up with some updates for this review in a few weeks. Tip #1 - The first few days I felt "uncomfortable" as the author speaks about. It was good to be prepared for that. It passed but there is a plan to fight any cravings you might have as you go along. Tip #2 - The author pays homage to Jack Trimpey who created the original concept that "Never Binge Again" is semi based on. It is named "Rational Recovery" and is an alternative to AA. In those first couple of days, when I was feeling uncomfortable, I visited the RR website to learn more. Great idea. I went through the "Crash Course" on what they term AVRT and it seemed to really clarify some concepts for me. They are two very different animals in complexity but share the same core principle. Tip #3 - If, after reading this book, you feel that this strategy will possibly work for you I suggest re-reading a lot of sections over the first week or so just to keep it fresh in your mind. That combined with going to the RR website and to the author's website have been very helpful. I listened to a few of the author's mp3s to clarify my understanding of the concepts. If you have tried everything then I highly recommend this book. It is everything that the rest are not. I could not disagree more with the 1 star reviews I've read. I say this seriously, if they are binge eaters or food addicts, it is their loss. I don't know if this will work for everyone or not, but it is working for me. A sincere thank you to Dr. Livingston for putting this book out there. I am so happy to write this review. Sincerely, KT New York P.S. Have any questions about my review or my progress? Feel free to post a comment and I will get back to you.

I just finished the book. I started my weight loss journey in late February 2016. I was highly successful and lost nearly 90 pounds by mid December. But in between that time, I've had some really nasty binges. Around Thanksgiving 2016 I started bingeing so much, I ultimately stopped counting calories and just let myself (the pig) go all out of all the junk I could find. I was desperate to find a solution. I ran to my doctor telling her I'm out of control and wanted to see if she could prescribe me something to get rid of these massive cravings. She told me they did offer medicines, but only to those who are severely obese and that it was simply not an option for me. She did refer me to a nutritionist, but I was just so defeated I did not bother going. I was browsing online forums and came across a reddit post that eventually led me to the discover of this book. I had just binged 3 days in a row and began reading it in the Kindle app. The idea that there is an inner voice in me constantly tempting me to Eat junk really helped me separate my own thought from "pig squeal" and made it that much easier to recognize the two. From the moment I started reading, I haven't binged

since. I am now back on track and can honestly say this book is what set me back on course. really great read and the added bonuses are super helpful.

This is the best book on bingeing I have ever purchased. I have other books; tBrain over Binge, Rational Recovery, The End of Overeating and many more on my kindle, all verified and purchased from . This book works along the lines of the first two I mentioned but breaks it down into an easy to read, everyday workable way of life. It's empowered me to rein this pig-turd that has controlled me for over 30 years. Dr Livingston understands the Pig and how I suffer with out-of-control food issues more than anyone, but then he is a formerly obese psychologist, so there you go.

He...just..gets...it.....No skinny never-been-fat counsellor nodding at me with cow eyes pretending to understand, telling me to eat 3 meals and 3 snacks, eating when I'm hungry, stopping when I'm full, write down my feelings, swallow my emotions. call a friend or paint my nails for distraction has helped me.....get in the sea!!!Get this book if you relate to me - you can follow an eating plan for a few days and then in a moment of compulsion you eat something you're not supposed to. Oh my gosh, that felt so good, let's have a bit more, then let's have the whole bag as I can exercise tonight and start again tomorrow. Woo whole bag has just gone and now I feel guilty; I've broken my plan for today, what a waste of effort, I'm going to stall and worse regain. Oh well I've stuffed it up might as well go whole hog before I start again tomorrow. This is followed by what is almost a frantic crazy search for food around the house. I then race to the supermarket and load my basket with everything I had seen or yearned for. Careful anyone in my way or I will steamroll you. Biscuits, cheese, chocolate, nuts, candies (2 packets of each - one pack to eat in car and the other to eat at peace in quiet at home). I'm oblivious to anyone around me and I'm in a rush to buy and get the heck out to eat. I don't even make it back to my car before I've opened a bag and started eating. I eat all the way home, shoving in my pie-hole, stopping at every red light, shoving shoving. I arrive back home and eat blissfully the rest of the food - but I feel sick - and throw the rest in trash so I won't eat anymore. I then usually then nap or crash in a food coma only to wake up and start regretting I threw that food out and commencing retrieving it from the trash like an animal. Then it's on again....this time I want starches so I go to chip shop and order chips and potato cakes. Whilst they cook I race back to supermarket and buy more junk, maybe some of the same that I ate before. Back home, eating greasy chips and potato cakes whilst driving, burning my hand in process. Eat, feel disgusting, rest, get up and keeping doing this. My gut is literally bloated and in pain. I fear I may die from my gut exploding, and yet that itch in my head is still wondering what else I can fit it. I know what I have done and the consequences but at this time I just don't care - nothing can stop

this trainwreck. The guilt and hate I feel afterwards is just awful and at times I just wanted to end it all to stop this pain. As stupid as this scenario sounds; it gets repeated over and over and I feel powerless. Thank you Dr L - I hope you read this and realise how much I appreciate you showing me the method of obtaining hope and peace and freedom from the Pig.

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