

**Glenn Livingston, Ph.D.
And Kaye Collins
Finding Your Biggest Why**

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Dr. Glenn: Hey, it's the very good Dr. Glenn Livingston with Never Binge Again. And I have a real treat for you today 'cause I'm here with one of my best coaches, Kaye Elaine Collins. How are you, Kaye?

Kaye: Really good, thanks. How's things for you?

Dr. Glenn: They're very good and excited to be doing this with you. What we're actually doing is something different. We have lately been looking at how to enhance and deepen people's motivation on an even stronger, deeper level by looking at what we might call "the biggest why". And to this point, what we've been doing is looking at the food rules that people want to comply with. Trying to project them into the future and asking them if they got their pig out of the way and they actually did this for a year even though the pig says it's impossible. What if you actually did it, what would happen and why is that important, and what are all

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GLENN LIVINGSTON Ph.D.



the reasons that that's important? We paint a really vivid emotional picture of that.

But in recent times, and this is something that was sparked by my partner and the CEO of the company, Yoav Ezer, we came to understand that there are even bigger reasons that might not necessarily be linked to food. And if you look at why people, like what they want to do with their lives as a whole independent of foods ability to get them there and then link that backwards, so it's kind of like going the other way around. In the big why we go from food to what food can do for you if you do it right in the next year, this one has more to do with what do you want to do and how are we going to link that to food. So, Kaye has agreed to work with me a little bit and be a guinea pig and let me experiment a little bit with her to try to figure that out and that's why we're here. So, Kaye, are you ready?

Kaye: Yeah, I'm ready.

Dr. Glenn: Okay.

Kaye: I can't wait actually. I'm really excited.

Dr. Glenn: What I'd like to do to start with is that I'd like to imagine, and this might sound a little crazy and I promise you I'll take you out of this, but I'd like you to imagine that it's the end of your life. You're 95 years old or so or a hundred years old, however old you might be at the end of your life and things are winding down and your family and friends are gathered around you and your colleagues and I'd like you to imagine that you're feeling like your life was a total failure. I know that's crazy, but imagine it was a total failure and they're telling you all the things you should



have done, but you didn't. What would they be saying? Why would you have failed?

Kaye: They'd be saying I should have listened to that, Glenn. They'd be saying, "You have so much potential, you could have done so much with what you wanted. You had so many great ideas and you just couldn't be bothered, you couldn't get out your own way to do it. And there are so many people that you could have helped and actually, in the end, you didn't help them. And they've lived shorter lives, they've not done what they should have done, they've had miserable lives on top of that as well and you could have done something and you just couldn't be bothered."

Dr. Glenn: So I know this is a little painful to do, but I want to go into more specifics about it. So you had so many great ideas that you didn't implement, could you talk more specifically about the great ideas that pass you by?

Kaye: Well, you know already that I probably been sticking to my rules for a quite some time now being a coach, and I've also trained to become a personal trainer. And in that, there's a kind of a sub-degree level diploma, master diploma in obesity and diabetes management that I'm also doing. And the idea here is that I set a one-stop shop where people who have seriously hurt themselves through food and have tried conventional things and done things like that and they've just got nowhere and they've never managed it and they've never been free like I am now. And actually, that really upsets me.

Dr. Glenn: It upsets you that they're suffering in the way that you used to?



Kaye: Yeah. I had a solution and I never did that. And the idea of the one-stop shop is that you can come in, you can do an exercise class. You feel like you've done a good workout, but actually what you've done is something really, really good for your body that doesn't involve a gym. There'll be nutrition classes, there will be cooking classes. I am an amazing cook. I do recipes left, right and center and I could do that for people and I could help them to cook low-fat stuff, to cook gluten-free stuff if they need to, to change things, and sort out and I can do that with them. They would have mindset counseling, which is obviously where I'll coach in, which is obviously where Never Binge Again comes in and it's all your fault that I'm in this position as it is anyway.

Dr. Glenn: I'm sorry.

Kaye: And there is just so much that this could do. And the idea is that when people come in, they help themselves, they take what they need, they do what they need and then they go and they're changed, but it's a frightening idea as well as much as it is I think a good idea. Even though I've got all the qualifications that I possibly need, I still feel ill-equipped and that's the scary part I think, I feel 'cause it's running and that's what upsets me is if I didn't do it.

Dr. Glenn: I'll help you with that, I promise, before we're done today. What other ideas do you have that at the end of your life, if you had failed, you would have been upset that you didn't implement?

Kaye: Obviously, if I didn't stick to my food plan, then I wouldn't be free anymore and I probably wouldn't live to the age of 95. I'd probably stand no chance with kind of the genetics and everything else that I've got. There wouldn't be an end of life kind of happy 95-year-old old



woman dying in a bed sleeping, just wouldn't exist. It's just lots of kind of little things like that.

Dr. Glenn: So, let's turn it around. Let's look at this one-stop shop, this wellness center, and let's assume you stuck to your food plan and you built this beyond your wildest dreams. I mean, you thought it was maybe going to have a couple of clients, but this really just exploded everything you imagined and more, what do you see? What actually happened?

Kaye: I see a legacy. I see that there are things that other people can carry on and they can take forward, whereas at the minute, I'm a teacher and yes, I have a legacy. I've got my legacy in my kids and I've got a legacy in the kids that I've taught and how they come back to me and things like that, but I think this is a novel idea. It certainly is here anyway. I think this is a novel idea. It would be running from strength to strength to strength that would keep going long after I'd gone. That would be the big thing that's, in fact, that not only had I helped so many people and had I got past the kind of the mindset and things with that is the fact that I'd actually been able to allow people to carry on.

Dr. Glenn: Walk me through visually what I see when I walk into the center, what the procedure is like for on-boarding me, what a typical day for me there might be like, who's working there.

Kaye: Now, it would be literally me. I've got everything I need to do that.

Dr. Glenn: When it's all developed?

Kaye: Oh, basically, there would be a string of all these kind of one-stop shops. There would be a string of them all around the U.K. even abroad and they've gone absolutely viral in the net. And it would walk



in, you'd go into a nice area actually 'cause a lot of people who were exceptionally overweight feels shame, it just wouldn't be like that. It would be the exact opposite. It would be welcoming, it wouldn't be patronizing, it would be, you know what, we're going to meet you where you're at and we'll work from there. I would hope that people feel comfortable just by walking in through the door, they feel relief just by walking through the door. And then there can be a given a range of things. Actually, there's a GP referral that you need in the U.K. for people over a certain way, but with that, they would kind of walk in and they would know that there'd be a difference when they walk out.

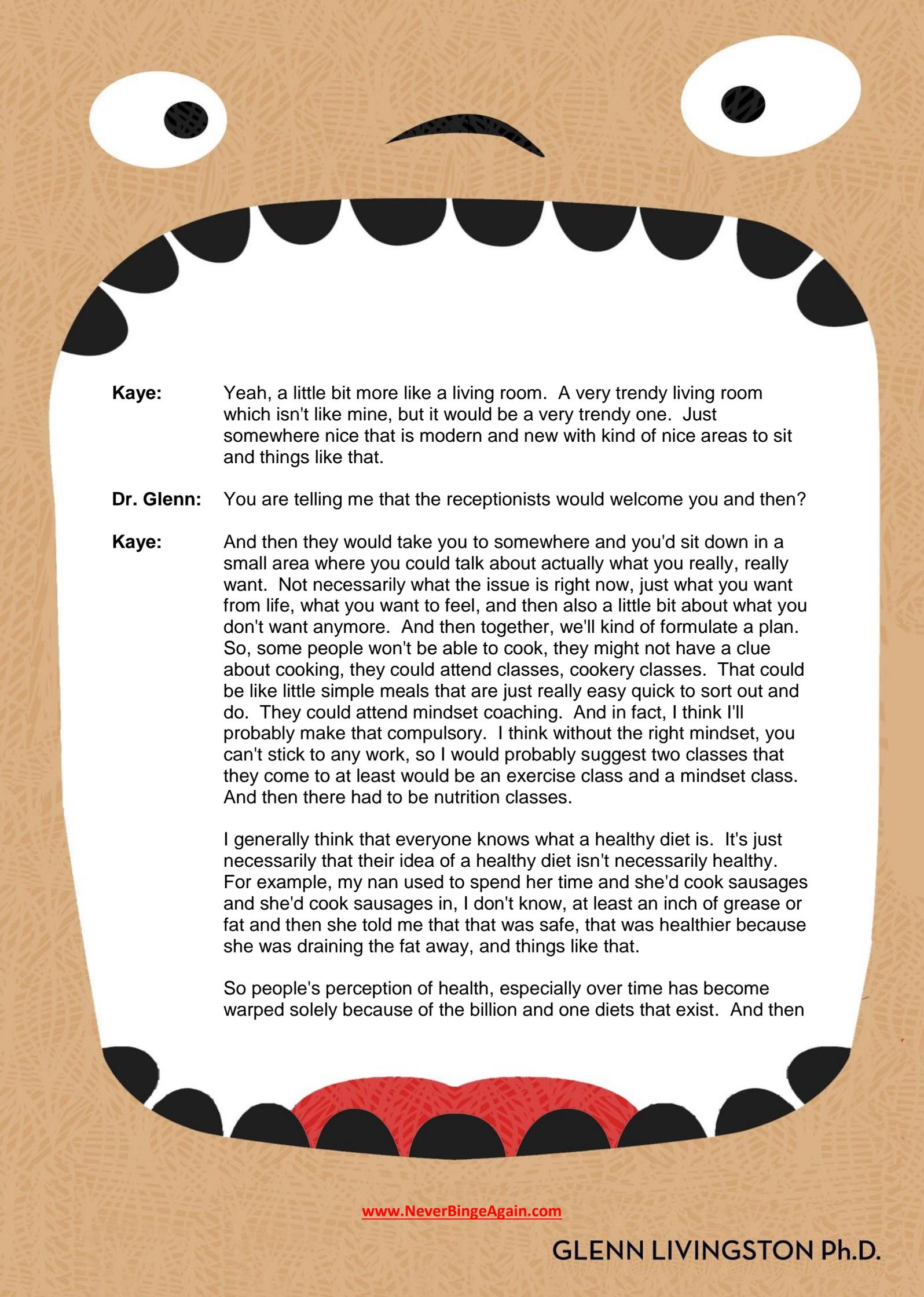
Dr. Glenn: Can you dimensionalize that for me? How would you arrange the welcoming areas so that there would be no shame?

Kaye: I imagine it to be quite kind of white, but with colorful features more like a lounge or one of these trendy lounges. There's lot of seats that are comfortable, that are suitable, that aren't too low, that aren't too high. There's a desk that you can walk up to and there'll be a person there smiling at you, a receptionist coming in and saying, "Hi, it's really nice to meet you. It's really wonderful. I'm so pleased to hear. What's your name." And from that, kind of the process starts rolling.

Dr. Glenn: What colors do you imagine? You said white with colorful features? What do you imagine?

Kaye: I'm a kind of an oranges and red and kind of peacock feathers kind of person, so kind of just things that make you feel welcome, but not a stark or clinical, but just welcome.

Dr. Glenn: Okay. So it's not like a doctor's office, it's little more like a living room is that what you're saying?



Kaye: Yeah, a little bit more like a living room. A very trendy living room which isn't like mine, but it would be a very trendy one. Just somewhere nice that is modern and new with kind of nice areas to sit and things like that.

Dr. Glenn: You are telling me that the receptionists would welcome you and then?

Kaye: And then they would take you to somewhere and you'd sit down in a small area where you could talk about actually what you really, really want. Not necessarily what the issue is right now, just what you want from life, what you want to feel, and then also a little bit about what you don't want anymore. And then together, we'll kind of formulate a plan. So, some people won't be able to cook, they might not have a clue about cooking, they could attend classes, cookery classes. That could be like little simple meals that are just really easy quick to sort out and do. They could attend mindset coaching. And in fact, I think I'll probably make that compulsory. I think without the right mindset, you can't stick to any work, so I would probably suggest two classes that they come to at least would be an exercise class and a mindset class. And then there had to be nutrition classes.

I generally think that everyone knows what a healthy diet is. It's just not necessarily that their idea of a healthy diet isn't necessarily healthy. For example, my nan used to spend her time and she'd cook sausages and she'd cook sausages in, I don't know, at least an inch of grease or fat and then she told me that that was safe, that was healthier because she was draining the fat away, and things like that.

So people's perception of health, especially over time has become warped solely because of the billion and one diets that exist. And then



on top of that, you've got everything else. So it's just literally a safe haven where they can learn what's healthy, what's not and a way of going forward that is really good, really balanced, not faddy, it's just a good way of going forward, then they would be able to just sign up for various things that they feel that would be really, really helpful to them.

Dr. Glenn: What other kinds of things?

Kaye: Well, I'm thinking of nutrition classes and exercise class. Again, I said earlier, not like going into a gym. I think a gym is enough to scare anybody, but there is something that you could do. We could also have kind of areas where you could kind of find out about feeling good about yourself. Not necessarily coaching, but things like color matching and just silly things like that that are bit more lighthearted that help you to feel much better about yourself. Makeup demonstrations or for men, it could be how to trim your beards 'cause beards seem to be in at the minute.

Dr. Glenn: And that's really hard.

Kaye: I wouldn't know, to be fair. And things like that. So there is something like fun and jokey. There could be yoga, there could be lots of things 'cause relaxation is important and less stress is important. There could be all sorts of different classes that you could attend. The minimum that I would be able to provide probably would be the nutrition, the cooking, the mindset, and the exercise and then kind of work you through it that way.

Dr. Glenn: When you say that it wouldn't look like a gym, you would have exercise classes, but it wouldn't look like a gym?



Kaye: No.

Dr. Glenn: What would it look like?

Kaye: It would look like a lot of fun. I can't do serious, the best of times.

Dr. Glenn: Paint a picture for me.

Kaye: It's like we'd have silly exercises and things like that. I wouldn't be using technical terms for people 'cause actually, you just don't need it. It's things like how you put an exercise class across. You could use all sorts of equipment that has nothing to do with a gym. You could use bands, you could use all sorts of things and you would just end up laughing yourself up, and that's where I'd want to go with it. You'd feel like you walked out to the end of class, but you'd feel like you walked out laughing your heads off and feeling like you've really had a good workout at the same time. So it could be to music, it could not be, it could be boring dance and it could be kind of messing around on a piece of equipment and see what you could do with it. It could be building in a tower of 40 things, it's just a different way of getting your body moving, thinking about it, getting your body moving and then improving your balance and improving your flexibility and improving your strength at the same time as well as getting a good CV workout or cardiovascular workout.

Dr. Glenn: So, who else would be working there besides you and the receptionist?

Kaye: Oh, I haven't got that thought out yet. I would really like anyone that is kind of been successful and done well with a group and without. I would like them to be working there, really work. Because the best motivators that people have been successful themselves that know all



about it and what to do. I would love it if kind of people were successful, actually did it, and then started doing it for themselves. I'd want people who would experience and kind of have the same idiotic sense of humor as me.

Dr. Glenn: Do you have an idiotic sense of humor?

Kaye: Oh, and then some. And just people around me that are kind, are generous, there are no egos, they just want to do the best for everyone else that they want to do. They want to see people like me walking out changed. That would be more important for me than anything.

Dr. Glenn: So you'd recruit people from within who are really mission-motivated?

Kaye: Yeah. Or even if they're outside and they've done it in a different way, they would still kind of have the motivation. So even if they kind of never had to lose weight or anything like that and they still got a heart for people. I think it's the heart for people actually really counts.

Dr. Glenn: Is there anything else? What else do you see?

Kaye: Smiley faces. Not [inaudible 0:13:43] other people each time they walk in, a change in people. What I would be saying is 'cause I used to be very, very stressed around food that it would worry me day and night and you know when it's changed, 'cause suddenly, there is like -- on German, it's -- it's a kind of, oh yeah, and they can move on their life and that's what I want to see.

Dr. Glenn: Get back to your purpose, that's what I want to see too.

Kaye: Mm-hmm.



Dr. Glenn: Why is it important to you to leave a legacy?

Kaye: It's not important to me to leave a legacy actually. I've never really thought about this now. Never really thought about leaving a legacy. It's not kind of being an issue that I have, my legacy is kind of being, well, the love of my kids, you know you bringing them up, memories, things like that. This is different though. This is like a mission rather than a legacy. It's something that I think is needed. People need to allow themselves to be set free from food.

Dr. Glenn: What does it mean to you personally to set people free from food?

Kaye: That's hard to quantify, actually. It's more than not setting them free or me having the ability to help people. I can't do it for them, I know that. But it's having the ability to help people that can do it and not doing it, that is me choosing to keep them in a life that's imprisoned and that is not fair. Can you see the difference? So it's not necessarily about legacy or anything like that. If I am a kind person and I am a decent person, how, if someone is there and they need help, do I walk past?

Dr. Glenn: So if you could choose a life that gave them freedom from food, then why wouldn't you?

Kaye: Exactly. It's not that I necessarily have it in my head for legacy or anything like that, it's more how could I not do things that I really believe could help people.

Dr. Glenn: 'Cause they are suffering. It reminds me -- this might sound a little dramatic, but did you ever see the movie Schindler's List?



Kaye: I've seen it, but I think I was a kid at the time.

Dr. Glenn: It's a powerful movie. And Liam Neeson plays a wealthy businessperson who slowly came to the conclusion he should use his resources to protect the Jews. He could hire them, he could funnel some of them out and towards the end of the movie, he was spending all of his money. And the very last scene of the movie, he's actually crying and he's like touching a pin in his lapel and he's talking to the people around him and he says, "This pin could free one more human life. I could have sold this and it could have freed one more human life. And if I could, then why didn't I?" That's the motivation I hear you describing. You have that ability.

Kaye: I do and I'm still scared. And I can see it from the discussion we have in here and even kind of bits in my head that I had already, I can see it and I can see it working and I can see it being a refuge and a haven and things like that, and then there's little old me and it's just getting there and going there and doing it and physically kind of having the kind of get up and go and get up your seat and come on, and doing it.

Dr. Glenn: What are all the reasons that the pig says that you can't, shouldn't or won't do this?

Kaye: Oh. It's old pig squeals, isn't it? Little monkey.] Why couldn't I do it? I've never run a business before. I am a teacher. I have had received my paycheck at the end of every month for the past 20 years, how on earth do you think I can even manage to do taxes, let alone run a business? What else is he saying? You don't have the energy. How are you going to manage with two kids and a job and working for Glenn 'cause that wouldn't stop? It's going to be stressful. Actually, I don't think it's going to be stressful. I think it's going to have stress in it. I



don't think it's going to be stressful. Where are you going to get all the paperwork and sort out all the paperwork? 'Cause I'm in the U.K. and we like paperwork.

Dr. Glenn: What else?

Kaye: I think that's as much as I can kind of get through at the minute that is actually really loud and clear.

Dr. Glenn: Do you know what the next question I'm going to ask is?

Kaye: Where is the lie?

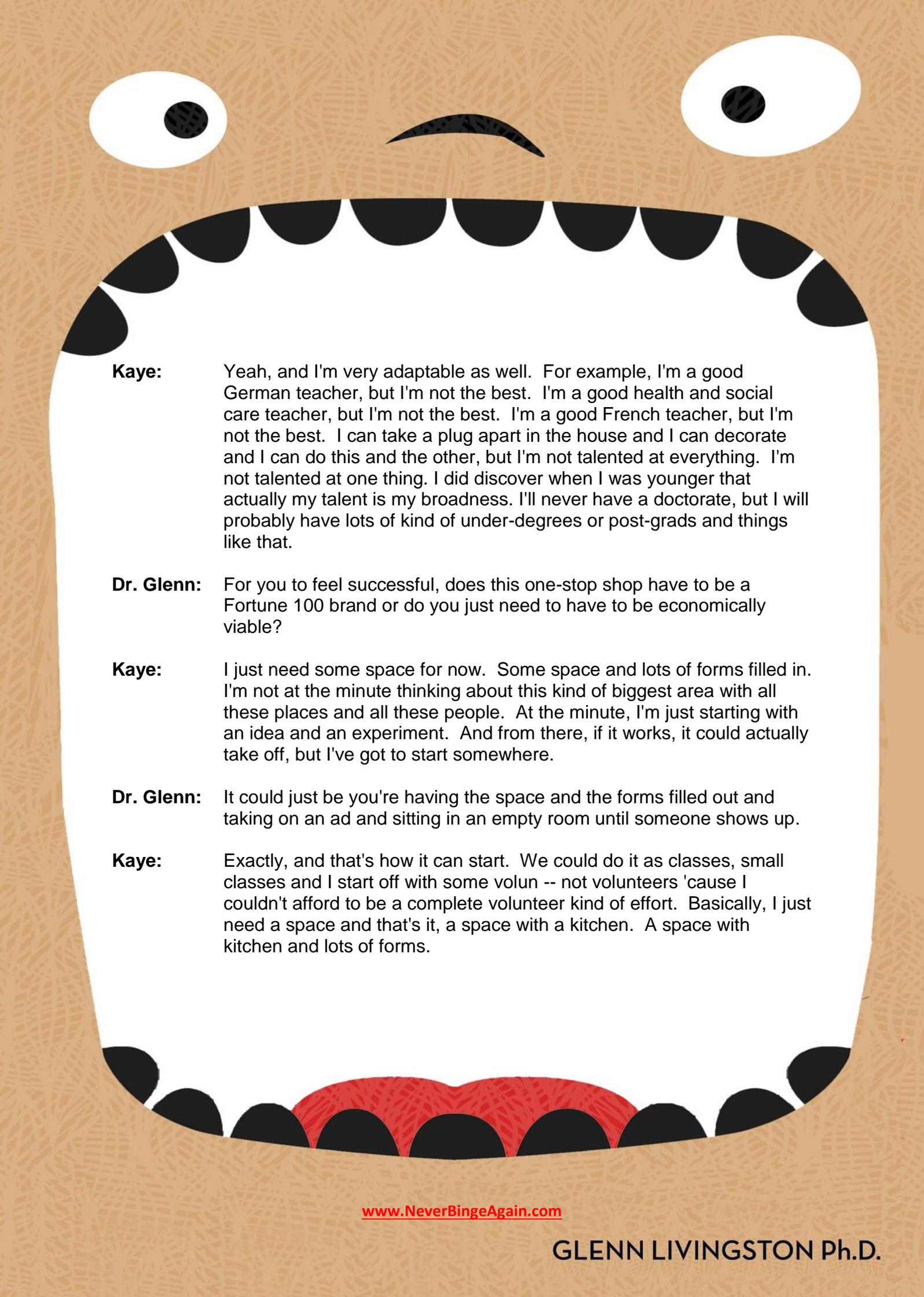
Dr. Glenn: Yeah. Where are the lies? When the pig says, "You've never run the business before, you got a steady paycheck your whole life, how can you possibly do this? You can't do it." Where is the lie in that?

Kaye: All right. I can learn. I was never taught to teach health and social care, but I've learned to swallow syllabuses as fast as anybody. There was no way I was going to be able to train as a PT because actually, it's a bit hard, very different to what you're doing already, and yet, here I am qualified. I've never run a business before, but I can learn, and don't get me started on social media. I'll have to master social media just now.

Dr. Glenn: You're one of the world's best students, it would be fair to say, right?

Kaye: I wouldn't say that. I'm a good student. I'm good at learning.

Dr. Glenn: Top 10 percent?



Kaye: Yeah, and I'm very adaptable as well. For example, I'm a good German teacher, but I'm not the best. I'm a good health and social care teacher, but I'm not the best. I'm a good French teacher, but I'm not the best. I can take a plug apart in the house and I can decorate and I can do this and the other, but I'm not talented at everything. I'm not talented at one thing. I did discover when I was younger that actually my talent is my broadness. I'll never have a doctorate, but I will probably have lots of kind of under-degrees or post-grads and things like that.

Dr. Glenn: For you to feel successful, does this one-stop shop have to be a Fortune 100 brand or do you just need to have to be economically viable?

Kaye: I just need some space for now. Some space and lots of forms filled in. I'm not at the minute thinking about this kind of biggest area with all these places and all these people. At the minute, I'm just starting with an idea and an experiment. And from there, if it works, it could actually take off, but I've got to start somewhere.

Dr. Glenn: It could just be you're having the space and the forms filled out and taking on an ad and sitting in an empty room until someone shows up.

Kaye: Exactly, and that's how it can start. We could do it as classes, small classes and I start off with some volun -- not volunteers 'cause I couldn't afford to be a complete volunteer kind of effort. Basically, I just need a space and that's it, a space with a kitchen. A space with kitchen and lots of forms.



Dr. Glenn: What about when the pig says that you don't have the energy because you've got two kids and a job and you're going to keep working for Glenn?

Kaye: And it is something I've never had. I'm not one of these people that wakes up in the morning full of energy and then carried on 'til the end of the day and feels wonderful. It's not something I've ever had. I'm hypothyroid, I've got [inaudible 00:19:40] go raise and they've never kind of disappeared, they're just there. And so actually, I'm still doing what I'm doing already. I'm still managing my two kids. Me and my husband are very happy. I'm studying, I'm working for you, I'm doing PT, I'm still teaching. I am doing it.

Dr. Glenn: Manifested all sorts of things.

Kaye: Yes, I'm tired, but I'm no more tired. If I sat there I did nothing, it's just a kind of how I am. I can do the stuff, it's just that I always feel tired. So, it's not going to change anything.

Dr. Glenn: You could be tired with all types of happy things happening around you or you could be tired with your dreams passing you by.

Kaye: Exactly. I could sit in front of the TV for billions of hours a day, I'd still be tired and I'd still be tired if I went to the gym. It is just how it is. It's not going to make a difference in that respect.

Dr. Glenn: Kaye, you know it's not out of the question that I could help you with this at some point also. When you're talking about how you're doing it and still work for me, it's not out of the question that I could help, that I can be a resource for you.

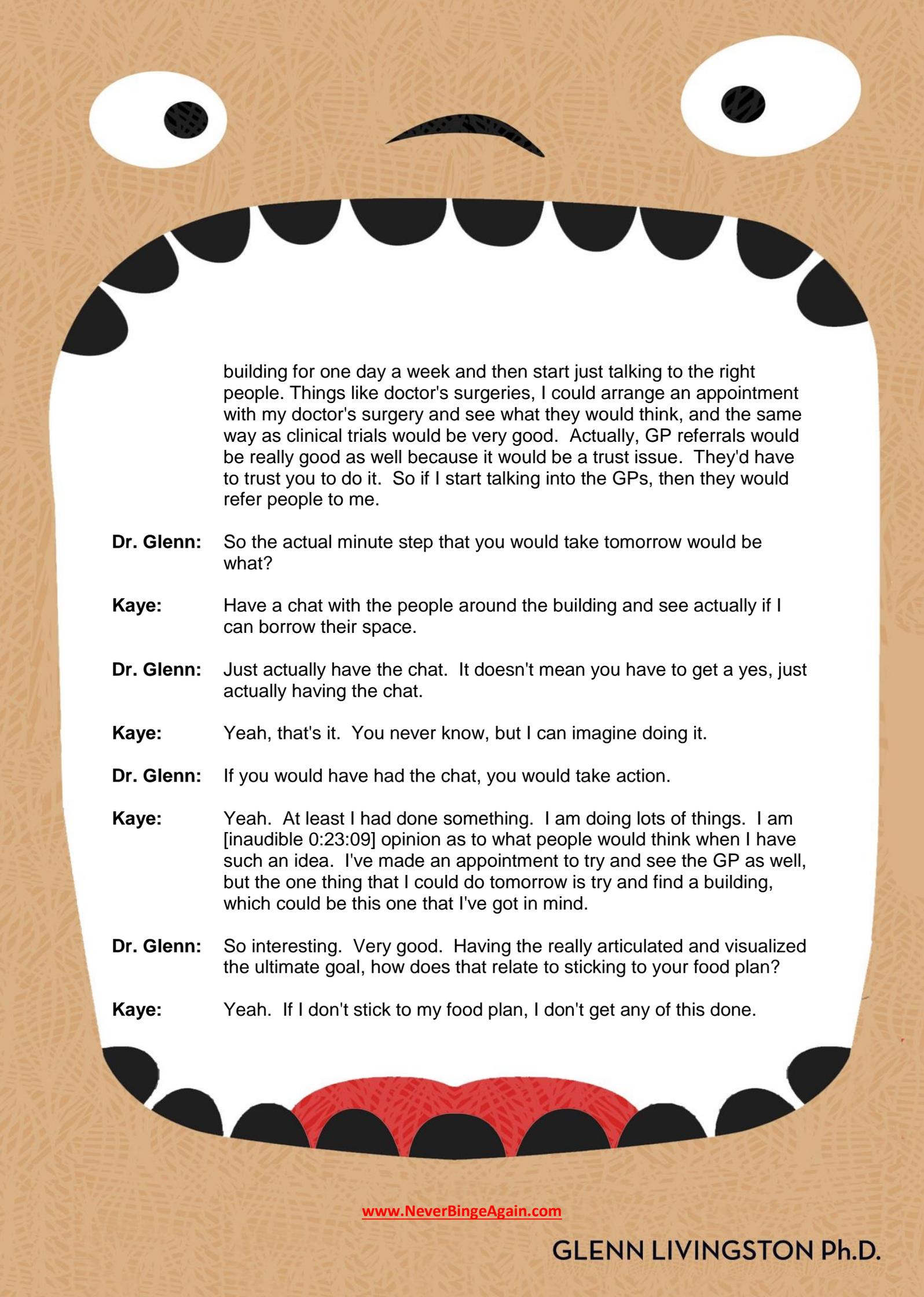


And just so I mentioned it, in the United States, the Small Business Administration has all sorts of resources to help you figure out the paperwork and do the forms and there are local chambers of commerce. There are a lot of retired successful people who love to work with young entrepreneurs and they don't charge you for it. They don't charge you very much for it. And there were all sorts of places where you can find people to do things for you inexpensively like Upwork.com or Freelancer.com or oDesk.com. There are all sorts of outsourcing directories and management systems. It just takes a little bit of education to figure out how to find those people. And let's say you're worth \$30 an hour. No, I don't really know what's your worth exactly, but \$50 an hour, there are a lot of people who will do all the \$15 an hour jobs for you and it's surprising how empowering that can be when you get started with that, so I just wanted to throw that in for you.

Kaye: Yeah, but I think there's lots of things out there. It's knowing where they are. It is someone really, like you said, it's someone kind of come in alongside you a little bit and saying, "Right. Okay. Well, have you tried this? Have you tried that? How about doing this?" Networking is good. I've discovered networking, that's new for me. There are few networking groups that are on Facebook and so I'm kind of working things through with them as well. It's a slow process for me 'cause I'm literally, like I said, a teacher that's had a paycheck for 20 years.

Dr. Glenn: What's the smallest possible step you could take towards building this one-stop shop tomorrow without any possibility of failure?

Kaye: I've got a building in mind that I could possibly use in the New Year. They could probably do with the income and I could probably do it helping them out and it would be perfect if I could say, have that



building for one day a week and then start just talking to the right people. Things like doctor's surgeries, I could arrange an appointment with my doctor's surgery and see what they would think, and the same way as clinical trials would be very good. Actually, GP referrals would be really good as well because it would be a trust issue. They'd have to trust you to do it. So if I start talking into the GPs, then they would refer people to me.

Dr. Glenn: So the actual minute step that you would take tomorrow would be what?

Kaye: Have a chat with the people around the building and see actually if I can borrow their space.

Dr. Glenn: Just actually have the chat. It doesn't mean you have to get a yes, just actually having the chat.

Kaye: Yeah, that's it. You never know, but I can imagine doing it.

Dr. Glenn: If you would have had the chat, you would take action.

Kaye: Yeah. At least I had done something. I am doing lots of things. I am [inaudible 0:23:09] opinion as to what people would think when I have such an idea. I've made an appointment to try and see the GP as well, but the one thing that I could do tomorrow is try and find a building, which could be this one that I've got in mind.

Dr. Glenn: So interesting. Very good. Having the really articulated and visualized the ultimate goal, how does that relate to sticking to your food plan?

Kaye: Yeah. If I don't stick to my food plan, I don't get any of this done.



Dr. Glenn: How come?

Kaye: Because I'm not authentic. How can I be helping people who are binge eaters when I haven't conquered bingeing myself?

Dr. Glenn: It's that simple, huh?

Kaye: It's that simple. How can you sit there and say "You can do this," and completely lie. I couldn't do that.

Dr. Glenn: Who would be proud of you when this all comes to fruition or as it's coming to fruition, who would you be happiest that would be proud of you?

Kaye: My kids, I think. Yeah, my boys. I think they're proud of me, I mean, no matter what. But actually, I think for them, kind of a toss-up between them and my husband, having it for our family and the fact that it's there and it's working and it's successful and it's doing what it's meant to be doing and it's helping people. If I wanted someone to be proud of me, they are the people that I'd want to be proud.

Dr. Glenn: Sweet. That's really sweet. Can you picture their little faces looking at you proud?

Kaye: Oh, I don't need to do that. Yeah, it's awesome.

Dr. Glenn: That's great. Are they twins? I didn't realize they were twins.

Kaye: No, they're not twins. They're six and four. They definitely didn't fall far from the tree, but they look up to you now and they cozy into you and



they're just really kind of happy. And like I said, they're proud of me no matter what, the same as I'm proud of them no matter what. But at the same time, I think to see that I've done this and we'd still had a good life together and everything was good, I think that would be nice.

Dr. Glenn: Very nice. How confident do you feel that this is going to happen?

Kaye: That this is going to happen?

Dr. Glenn: Yeah.

Kaye: That I am going to be making steps into it, then I'm going to start up something, I'd say 95 percent confident. And the reason for that is that an experiment, which is what I'm thinking of at the minute, if I do this as an experiment and I start and I get the results, then I'm going to be one hundred percent -- well, I'm going to be, if you can go to 150 percent, I'd be there like lightning.

I have helped people in similar track lose weight so far and it has been very, very successful, but I haven't done it on a kind of group trial basis, I've only done it with individuals. And that's been good so far. It's the fact that it's the one-stop shop I did that I'm coming to now.

Dr. Glenn: Oh, what you're telling me is that you are remaining open to evolving the concept so that it's maximally effective and you don't know if your first conception of the concept is really what it's going to wind up being?

Kaye: Yeah, it's got to be an experiment first. Then after the experiment, you can learn from it. It's like inventing the light bulb. If you've tried 2,000 times and it's failed, then you've just found 2,000 times that it hasn't



worked, you're going to find the right one. And hopefully, not 2,000 times.

Dr. Glenn: How confident are you that you're going to keep experimenting until you figure this out?

Kaye: A hundred percent.

Dr. Glenn: That's what I wanted to know. Is there anything I should have asked you about this that I didn't ask you? Anything about your feelings associated with the future vision, your biggest why? Anything I should have asked you that I didn't?

Kaye: Perhaps how would it feel or what would they look like beyond my face?

Dr. Glenn: When you walked in and you saw that it was all there?

Kaye: Yeah.

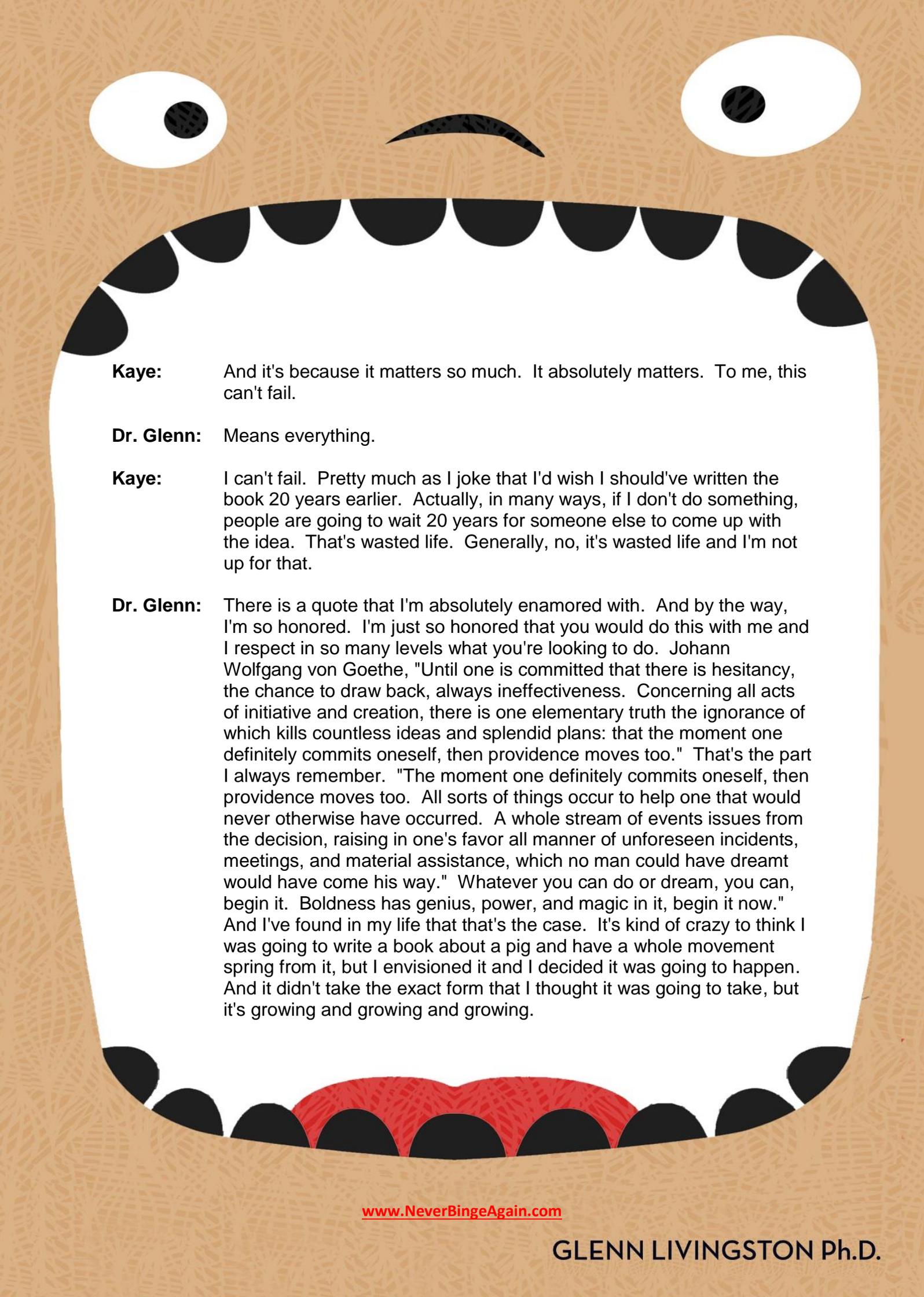
Dr. Glenn: And?

Kaye: I just cry.

Dr. Glenn: Tell me.

Kaye: I cry absolute tears of happiness.

Dr. Glenn: It's so wonderful, Kaye.



Kaye: And it's because it matters so much. It absolutely matters. To me, this can't fail.

Dr. Glenn: Means everything.

Kaye: I can't fail. Pretty much as I joke that I'd wish I should've written the book 20 years earlier. Actually, in many ways, if I don't do something, people are going to wait 20 years for someone else to come up with the idea. That's wasted life. Generally, no, it's wasted life and I'm not up for that.

Dr. Glenn: There is a quote that I'm absolutely enamored with. And by the way, I'm so honored. I'm just so honored that you would do this with me and I respect in so many levels what you're looking to do. Johann Wolfgang von Goethe, "Until one is committed that there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too." That's the part I always remember. "The moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings, and material assistance, which no man could have dreamt would have come his way." Whatever you can do or dream, you can, begin it. Boldness has genius, power, and magic in it, begin it now." And I've found in my life that that's the case. It's kind of crazy to think I was going to write a book about a pig and have a whole movement spring from it, but I envisioned it and I decided it was going to happen. And it didn't take the exact form that I thought it was going to take, but it's growing and growing and growing.



This is not the first big thing that I've done. I envisioned long time ago that I would revolutionize the way that psychological marketing research was done and I developed a protocol and I pushed forward and pushed and pushed forward. And the other quote which I'm bastardizing is that you should never underestimate the power of one person and an organized mission to change the world. Never underestimate the power of one person and an organized mission to change the world. In fact, that's the only thing that ever has.

So I believe that when someone can get focused and motivated and can get in touch with a level of emotion that you just expressed for the meaning of their life, this is already a done deal. This is going to happen. You just need to maintain that commitment and let things organize around you. Does that make sense?

Kaye:

Yeah. And I'm actually seeing that happen. The day I decided to do the personal training course, which was kind of like, well, how are you going to manage that? You've got two kids, a job, this, that, and the other, it literally just went bang, bang, bang, bang, bang straight into place, not an issue. Even down to my husband, who is never allowed a day off, being allowed to have all of the days off that I take to do the course so that he can look after the kids 'cause that would be the big thing, we would look after the kids. They're too young, that was going to be the one thing that was going to absolutely stand in my way if necessary. And if it wanted to stand in its way, it could. And it literally gone straight into place; everything, organizing, organizing trips, getting down there, sorting things out, getting lost and then found, and literally two seconds later, the right area or in the right place to get to and I could sort it out and come back and it's sorted itself up.



Dr. Glenn: It's what's going to happen, Kaye.

Kaye: Yeah, I really hope so.

Dr. Glenn: If it means you got to get a space and put up a little blurb on Meetup.com and you sit in that room for a year with nobody coming until it starts happening, it'll still happen. You won't sit there for a year. I guarantee you, within a couple of weeks, you're going to have some people showing up and things are going to start happening, but you have to make the mind space for it and you have to make the 100 percent commitment.

Kaye: Yeah. And I am. Someone was saying about how it was a big after 'cause again, I'm being [inaudible 0:30:18] opinion like I said. They say that it was a big ask and it was this that and the other. And I basically said, "You know what, you're right. It is a really big ask," I said, "but I'm passionate about it and that will suffice."

Dr. Glenn: This is what you want to do?

Kaye: I finally know what I want to do when I grow up.

Dr. Glenn: Yeah. Me too.

Kaye: I'm 43. Of course, I do know by now, but yeah, that's how I feel.

Dr. Glenn: I'm 50 -- I think four. I just figured it out a couple years ago, so I understand. Do you have any questions, Kaye?

Kaye: No. I have a thank you though and that was thanks to you for writing the book.



Dr. Glenn: You're very welcome.

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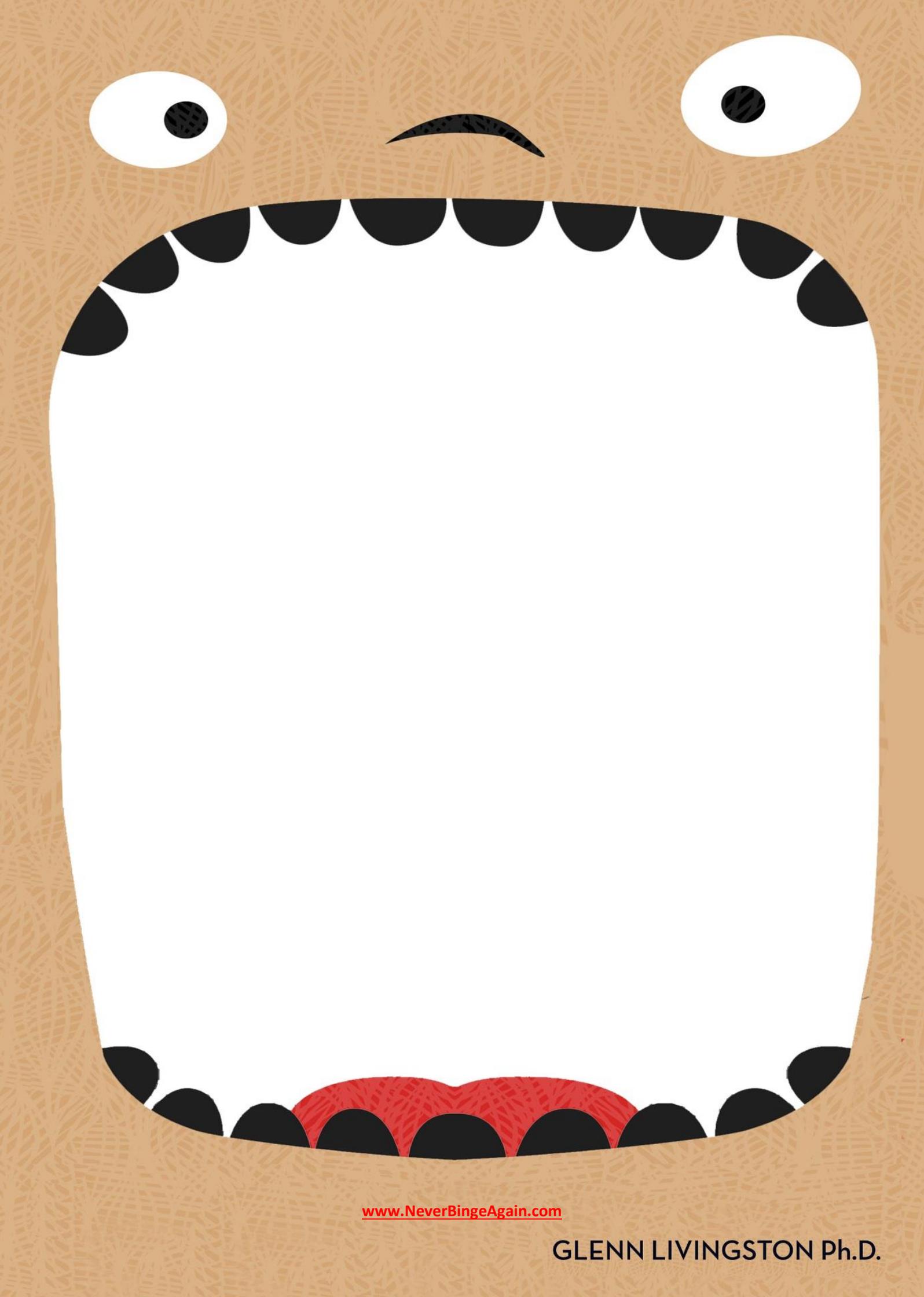
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