

# 18. Stop Binge Eating - Dr. Glenn Livingston

## Stop Binge Eating

Dr Glenn Livingston became interested in how to stop binge eating to help himself overcome an unhealthy relationship between his emotional challenges and how he used food to manage emotions.

Glenn Livingston, Ph.D. is a veteran psychologist and was the long time CEO of a multi-million dollar consulting firm which has serviced several Fortune 500 clients in the food industry. You may have seen his *(or his company's)* previous work, theories, and research in major periodicals like The New York Times, The Los Angeles Times, The Chicago Sun Times, The Indiana Star Ledger, The NY Daily News, American Demographics, or any of the other major media outlets you see on this page. You may also have heard him on ABC, WGN, and/or CBS radio, or UPN TV.



## Researching how to Stop Binge Eating.

Disillusioned by what traditional psychology had to offer overweight and/or food obsessed individuals, Dr. Livingston spent several decades researching the nature of binge eating and overeating via work with his own patients AND a self-funded research program with more than 40,000 participants. Most important, however, was his own personal journey out of obesity and food prison to a normal, healthy weight and a much more lighthearted relationship with food.

Click here to learn more about his book: "[Never Binge Again: Stop Overeating and Binge Eating and Reprogram Yourself to Think Like a Permanently Thin Person...on the Food Plan of Your Choice!](#)"