

CHANGING A FIXED MINDSET TO A GROWTH MINDSET

FIXED

1. Focuses on abilities as being fixed traits (you have it or you don't).
2. Perceives challenges as failure and definitive.
3. Sees others' success as threatening or proof that you lack what is required

GROWTH

1. Focuses on abilities as something that can be learned and developed.
2. Perceives challenges as opportunity to learn and help you develop.
3. Sees others' success as evidence that skills can be developed with effort.

Write your fixed mindset thoughts about yourself in relation to fasting and healthy eating in left column. Now rewrite them as growth mindset statements in the right column,

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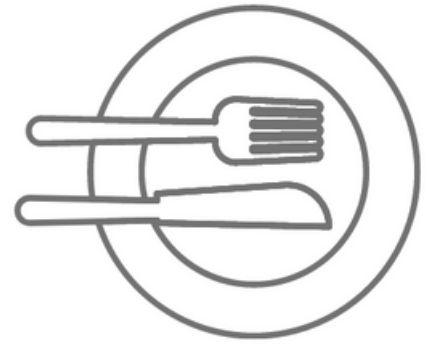
How are the columns similar and different from each other?

Which statements feel energizing or motivating to you?

Can you sense a difference in your body when you say the statements in one column vs the other ?

Practice using the statements that help you to feel capable, hopeful, or open .

My Relationship With Food



Think back about when, how, and what you learned about food, dessert, snacks, when and how often to eat.

A. What do you remember about messages you heard about food and how you learned to incorporate these messages?

B. Did you learn to associate food with safety or comfort, reward, punishment, love, shame, happiness, etc.?

C. Any food traditions/memories you have a hard time letting go of from your earlier years (childhood or adulthood)?

D. What does a healthier relationship with food look like for you?



How to Ride the Hunger Wave

When fasting, it is almost inevitable that you will experience hunger. You should expect it, especially at around the times that you normally eat. But there are some simple hints and tips on how to handle it.



Hunger is a Wave

Hunger does not keep getting worse and worse if you don't eat. Rather, the hunger wave will build to a peak, and then dissipate. Knowing this is powerful information. If you stay busy, working, reading, playing sports etc, you'll soon forget about it and the hunger goes away. Make yourself a to-do list and keep yourself busy. Keep your mind occupied and not thinking about your stomach.



Drink Green Tea, Water and Coffee

Dehydration can trigger hunger, so ensuring you drink enough water to keep hydrated will help. Another great trick is to make yourself a big hot cup of green tea or coffee when you feel hungry. By the time you've finished it, the hunger wave will have largely passed. Green tea contains natural appetite suppressants, and there are several varieties of green teas specially formulated for fasting



Get Out of the Kitchen & House

It's hard to avoid eating when you are surrounded by food. Set yourself up for success by taking yourself out of the 'danger' zone where food cues are all around. Try taking a walk or meeting for a coffee date with a friend.



Eat High Healthy Fat / Low Carb Diet

Eating lots of healthy fats keep you satiated longer. Also, keeping the carbs low and staying away from highly processed foods will avoid sugar spikes, which can increase your hunger.



Take Some Salt

Also great for electrolytes and helping with hydration.



Drink Bone Broth

Bone broth does contain some calories and nutrients, so this is not a true fast. However, many people get great results from this, so if it makes fasting easier, go for it. It's also great for keeping electrolytes in line, and can help get over a hunger wave.



Setting Boundaries

Having clear and firm boundaries is a healthy form of self-care.

But this does not mean others will like your boundaries.

Brainstorm ways you would want to respond to situations when others want to discuss your fasting or eating choices.

How come you aren't eating with us today?

I think that food isn't healthy for you...

How about you just eat some now, it won't hurt you?

Isn't not eating an eating disorder?

I have read that eating like this is unhealthy and am concerned about your health. I worry that you are hurting yourself by fasting.

WHAT POSITIVE TRIGGER OR ANCHOR HABIT WILL PROMPT YOU TO DO EACH HABIT?



WHAT WILL MOTIVATE YOU FOR EACH HABIT?



STRATEGIES TO DEAL WITH CHALLENGES OR OBSTACLES FOR EACH HABIT?



HOW WILL YOU CONTINUE TO BUILD ON EACH HABIT IN THE FUTURE?



A time when I wanted to eat something off plan:

What I felt

What I did

A time when I wanted to eat something off plan:

What I felt

What I did

A time when I wanted to eat something off plan:

What I felt

What I did

How effective was this
day/week



Dopamine and How It May Affect Your Eating Behaviors



the Fasting
Method

Coach Terri Lance
April 8, 2022

Dopamine

- Neurotransmitter/neuromodulator made in the brain from amino acids
- Frequently described as the currency of desire
- Commonly known as “the happy chemical”
- Modulates our pleasure/pain continuum
- Influences numerous processes necessary for life
 - Motivation
 - Sleep
 - Mood
 - Attention
 - Lactation
 - Kidney Function
 - Learning
 - Movement
 - Pain processing
 - Heart rate
 - Blood vessel functioning
 - Control of nausea and vomiting
- Helps us to strive, focus, and find things interesting
- Travels along 4 pathways in the brain
- Generally not noticeable unless too much or too little (Parkinson’s or depression)

Degrees of Impact of Dopaminergic Response

- At rest 3-4 pulses of dopamine per second
- Can increase significantly with behaviors and substances
- Food – 50% increase (chocolate 55%)
- Sex – 100%
- Nicotine – 150%
- Cocaine – 225%
- Amphetamine –1000%
- Video games – somewhere between nicotine and cocaine

The Pleasure-Pain Balance

Pleasure



Pain

Goal is Homeostasis

Connection to Addiction and Problematic Use

- **Neuroadaptation:** once stimulus is removed, the pleasure threshold or deviation to side of pleasure is not matched – gets less intense and shorter lived
- **Tolerance:** needing more of behavior of substance to counterbalance all the self-regulating responses
- **The more of your behavior or substance used, the more you withdrawal or more intense the pain**
- **Decreases pleasure from other things due to decreased dopamine receptor activity**
- **And herein lies the rub – more use means less pleasure and more pain when stimulus is removed and less pleasure from other things...so even more drive to seek the behavior or substance...voila, ADDICTION!**

Digging in More About Overuse and Addiction

- Hedonism – the result of pursuing pleasure for its own sake leads to anhedonia
- Anhedonia is the inability to enjoy pleasure of any type
- Continuing to seek the next high (dopamine pulse) can set us on the hedonistic treadmill
- Withdrawal from an addictive substance leads to symptoms of anxiety, irritability, insomnia, and dysphoria
- Relapse is typically driven the pleasure-pain balance being tilted to side of pain
- Cravings are the desire to tip the balance from pain to normal
- “With prolonged and repeated exposure to pleasurable stimuli, our capacity to tolerate pain decreases, and our threshold for experiencing pleasure increases.” (Dopamine Nation, pg. 66)

What Do You Do With To Help Balance This?

- Balance the dopamine system with more activation of serotonin
- Serotonin is another neuromodulator that works almost the opposite of dopamine – it is about recognizing enough (satiety) and enjoying what you have instead of the drive to seek more or something outside of you
- Manipulating the information you give your brain as far as expected reward of behavior or substance – the habenula in an area of the brain that helps us move toward things we anticipate a high reward from and with drive us less toward things we anticipate as less rewarding
- Taking breaks from constant seeking of dopamine and highlighting the positives of things more to help recognize satiety and feel good

MY COPING STRATEGIES

for dealing with stressors while fasting

IN THE MOMENT

-
-
-
-
-

THINGS TO CONSIDER

LONGER TERM

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-
-
-
-

MORE IDEAS...

Changing Your Problematic Food Behaviors

Reflect on your problematic use of foods, overeating, bingeing, and eating when not planned.

1. What food or foods are most problematic for you?

2. When are most likely to struggle with food?

3. What happens when you eat problematic food? How do you feel, for how long, and any other responses?

4. How likely is it that you can change your patterns if you continue using/eating your problematic food(s)?

5. What specific pattern or behavior are you willing to change?

6. What barriers do you need to remove or put into place to help change your habits?

Sugar By Any Other Name

- Agave
- Barley Malt
- Beet sugar
- Blackstrap Molasses
- Brown sugar
- Brown Rice Syrup
- Cane juice crystals
- Cane sugar
- Cane syrup
- Caramel
- Carob Syrup
- Castor sugar
- Coconut sugar
- Confectioner's sugar (powdered sugar)
- Corn syrup
- Crystalline fructose
- Date Sugar
- Dextrin
- Dextrose
- Diastatic Malt
- Ethyl Maltol
- Evaporated Cane Juice
- Florida Crystals
- Fructose
- Fruit Juice
- Galactose
- Glucose
- Golden Sugar
- Golden Syrup
- Grape Sugar
- High-Fructose Corn Syrup
- Honey
- Icing Sugar
- Invert Sugar
- Lactose
- Maltodextrin
- Maltose
- Malt Syrup
- Maple Syrup
- Molasses
- Muscovado sugar
- Panela sugar
- Raw sugar
- Rice Syrup
- Refiner's syrup
- Sorghum syrup
- Sugar
- Sucrose
- Sucanat
- Treacle
- Turbinado sugar
- Yellow sugar

MY GOODBYE LETTER

Dear Sugar (and your partners, flour and sweeteners),

At the start of our relationship, I thought...

- What drew you to sugar?
- How did it make you feel in the beginning?
- What problems did sugar solve for you?

This is how I wished our relationship could be...

- Of course you never planned to be here. How do you wish the relationship could have been?

I tried so hard to fix us...

- How have you tried to fix your relationship with sugar?
- Recollect your list of attempts you've made to diet, cleanse, or eat differently.

I have been delaying this breakup because I'm scared that...

- What fears have gotten in the way of ending this relationship?
- When you imagine your life without sugar, what feels too hard or too difficult?

Our relationship has impacted me in the following ways...

- Think about how your life has been impacted by sugar--the good, the bad, and the ugly.
- What damage has sugar caused in your life? How has it affected your health, your relationships, your goals, your body, your self-esteem, your hopes, your dreams?
- How has sugar held you back?

I've been holding on to the following memories...

- Memories keep us hooked on the past. What memories are keeping you in the relationship? Is it the idea of birthdays,



anniversaries, and celebrations without sugar? Nights alone without being soothed by sugar?

- How would it feel creating new memories without sugar?
- What are you going to miss the most? Will you miss the rituals? The traditions? The spontaneity? The comfort?

But sugar, I won't miss...

- What won't you miss? What are you most looking forward to leaving behind? The feelings of shame and remorse? The harm that sugar has caused your body? The time you've lost trying to make the relationship work? The deep regret after the binge?

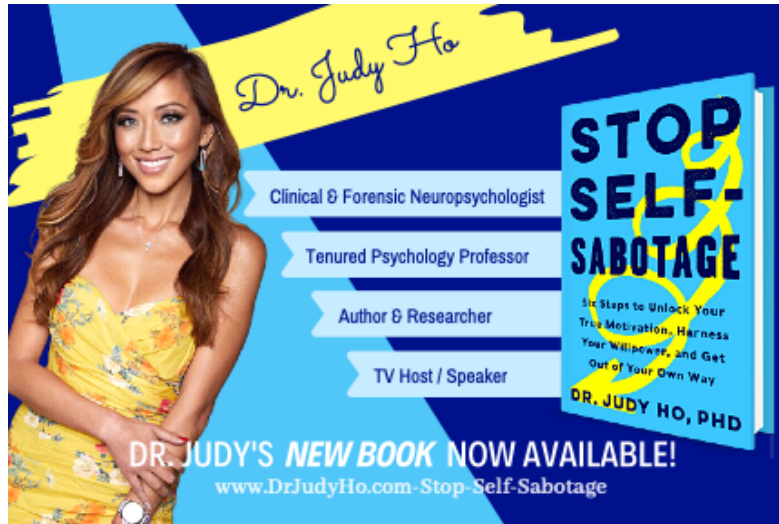
In my new life without you, sugar, I will...

- Explain to sugar what you need. You are taking your life back and you have every right to ask for what you want. What do you need to move forward? Do you need sugar to leave you alone as you do this challenge and figure out your next steps? How can sugar show you the respect you deserve?
- What are you going to do for yourself to help solidify the breakup? Rely on your friends? Get more support? Commit to an open mind? The list can be long or short.
- Anything else you need to say? Make sure you get it down.

Love, Me

Carmel, M. (2019). *Breaking Up With Sugar: Divorce the Diets, Drop the Pounds, and Live Your Best Life*. New York: Avery.





SELF-SABOTAGE ASSESSMENT

(from *Stop Self-Sabotage*)

By Dr. Judy Ho

Why do we sometimes get in our own way despite our best intentions?

In my research and work, I've found that four elements can lead you to hold yourself back from living your best life. Want to find out which L.I.F.E. factors are getting in your way?

Which of the following are sometimes or mostly true for you? Be honest—no one else has to read your answers! Put a check mark in the True column for all those statements that apply to you.

	Statement	True?
A	The way you feel about yourself on a given day depends largely on situational factors (e.g., what others say to you, how others respond to you, or what your weight is on the scale).	
A	Your self-worth is primarily dictated by your accomplishments or the services that you are providing to others.	
A	Quick! List 5 things you love about yourself. Mark yes if this a tough exercise for you, and/or if you have trouble doing this in less than 30 seconds.	
A	There are times in your adult life when you questioned your identity, who you are, or what you stand for.	

A	When you hear the awesome things that other people achieve, you secretly wonder if you have what it takes to do the same.	
B	When you were a child, you were told or shown that the world is a scary place and that it is dangerous to take risks.	
B	When you were a child, an important adult in your life (parents, teachers) seemed to be overly nervous or anxious about different things (e.g., job, home life, natural disasters).	
B	When you were a child, more often than not an important adult in your life seemed to have struggles meeting their own goals and/or appeared discouraged about their own progress.	
B	When you were a child, an important adult in your life was over-critical of you and/or held you to extremely high standards.	
B	Looking back on your life, you can honestly say that you did not have at least one role model for the major accomplishments of your life. You had to find your own way.	
C	You highly prefer structure and familiarity, and become irate at people or situations that throw you off your usual routine.	
C	When recounting periods of significant change in your life (e.g., moving, getting married, starting a new job, attending a new school), you remember more of the nervousness and discomfort rather than the excitement.	
C	You feel very nervous when you don't know what to expect in a situation.	
C	Once you decide on an important goal for yourself, one of the primary concerns you have is, "What if I fail?"	
C	You have had at least one experience in taking a chance on something new that blew up in your face and led you to feel much more nervous about trying new things later.	
D	Someone in your life has called you a "control freak" at some point.	

D	You often try to have the last word or to win an argument.	
D	You find that you are often a harsh critic of not only yourself, but also others.	
D	You have a tendency to correct others when they are wrong even if it is about somewhat inconsequential things).	
D	Be honest! You have a very tough time admitting you were wrong.	

Count up the number of checkmarks that are associated with each letter (A, B, C, D). The one for which you have the most checkmarks is your primary L.I.F.E. obstacle. If you have a tie, this would suggest that you have more than one dominant L.I.F.E. obstacle and each one might be contributing somewhat equally to self-sabotage. If you have one letter that has the least checkmarks, that's great! This shows a strength in your L.I.F.E. profile—one you can lean on as you work on skills to overcome the other obstacles. If you have an area of identified strength, you can rest easy knowing that this element isn't causing self-sabotage— it is a factor which does not cause you to overestimate threat.

After tallying up your results, check out the descriptions below to learn why you self-sabotage.

For more, check out the [full book](#) or send me your questions at www.drjudyho.com!

Mostly A's = Low/Shaky Self-Concept _____

Mostly B's = Internalized Traditions _____

Mostly C's = Fear of Change/Unknown _____

Mostly D's = Excessive Need for Control _____

Mostly A's = Low or Shaky Self-Concept

Self-concept is your image of who you are and how you define yourself. Some of these characteristics relate to how much value you place on yourself (i.e. your self-esteem or self-worth), the view you have of yourself (self-image), and what you wish you were like (ideal self). When we have low or shaky self-concept, we tend to believe that our ideal self is nothing more than a pipe dream. We lack confidence in our own ability to achieve goals, doubt that good things will ever happen to us, and look to external circumstances and events (like whether our boss immediately compliments us on our work) for how we should feel about ourselves on any given day. We may even believe that we aren't deserving of good things. Self-sabotage can rear its ugly head when we have low self-

concept overall or specifically in a particular role that is aligned with your goal. The more you self-sabotage, the more you reinforce a lower or shaky self-concept.

Mostly B's = Internalized Beliefs

When we are young, the adults who take care of us make especially powerful impressions on us. We tend to adopt their beliefs, attitudes, and behaviors. There are all sorts of beliefs we might internalize, not only through vicarious learning but also by being told by others what to fear. Sometimes we call this learning through negative verbal information. For example, a belief that you might not have what it takes to accomplish a goal might develop if you had a very judgmental parent, teacher, or other influential adult during your childhood. This negative internal voice contributes to self-sabotage, because when you doubt what you are capable of, you are likely to either never start pursuing your goal or quit halfway. Negative self-talk that arises from internalized beliefs is a major driver of self-sabotage. If you don't believe you will be rewarded for your efforts, you may never make an effort at all.

Mostly C's = Fear of Change of the Unknown

Humans are creatures of habit. Routines and familiarity comfort our minds, which love repetition as a way to instill calm and manage stress. When something new is introduced, the mind can interpret it as a type of stressor. Big, sudden changes or too many changes all at once are especially confusing to our brains, and when feeling pushed beyond the comfort of usual levels of familiarity, you may respond to a new challenge by choosing to remain in the same place and continuing to do the thing you always did, even if the familiar option is clearly undesirable when compared to the unfamiliar challenge. In a mistaken attempt to protect you, your mind holds you back from a potentially positive change, rationalizing that that at least you've learned over time how to deal with the current problems. It takes some effort to realize this might be the culprit, because it usually involves doing nothing different, rather than something active to mess up your progress.

Mostly D's = Excessive Need for Control

Belief in your ability to exert control over your environment and to produce desired results is essential to your well-being. From an evolutionary standpoint, if we are in control of our environment, then we have a much better chance of survival. It is human nature to want to *feel* in control of what is going on around us. Like many things in life, moderation is great, but when taken overboard, a good thing gets turned on its head. If you let it get the best of you, this adaptive mechanism of wanting control can get in the way of reaching your goals. If you feel that you must always be able to see the finish line and every single step along the way before you even take your first step, that need will likely stop you from ever starting. It may also lead you to quit in the middle of the journey because any unknowns along the way are simply too much for your conscious mind to deal with.

Self-Sabotage: Why We Do It and What To Do About It

Start Taking Steps to Get Out of Your Own Way



the Fasting
Method

Terri Lance, PhD
May 28, 2021

Overview

Today I am going to present a few thoughts about the concept of self sabotage. As we get ready to begin, I invite you to think about why you are attending this talk today. Think about what this concept means to you and why it is something of interest to you to work on in your life.

I encourage you to think specifically about how it relates to you as far as your health and weight loss goals. How do you self-sabotage? Are you aware of what leads to this? How does it interfere with your progress?

It may be helpful to have a journal or piece of paper or open document on your computer so that you can jot down some thoughts as I share things with you and as you listen to the question and answer portion that follows this talk.

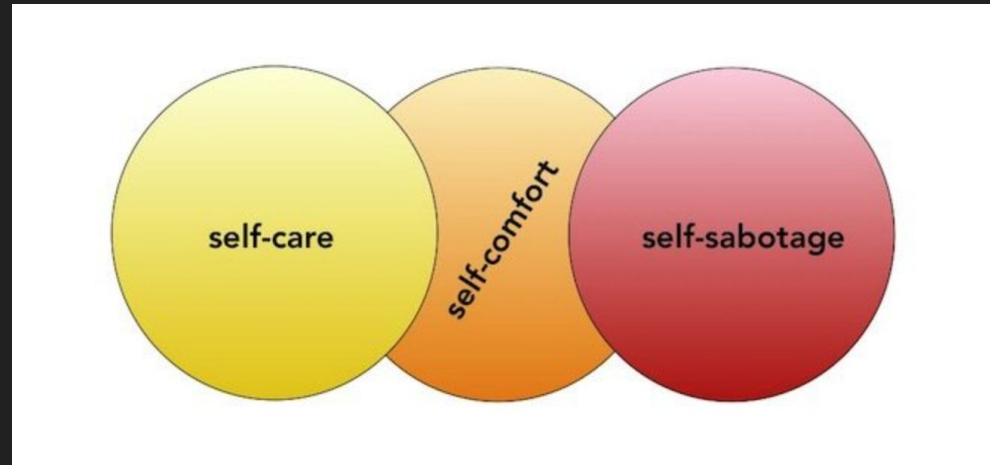
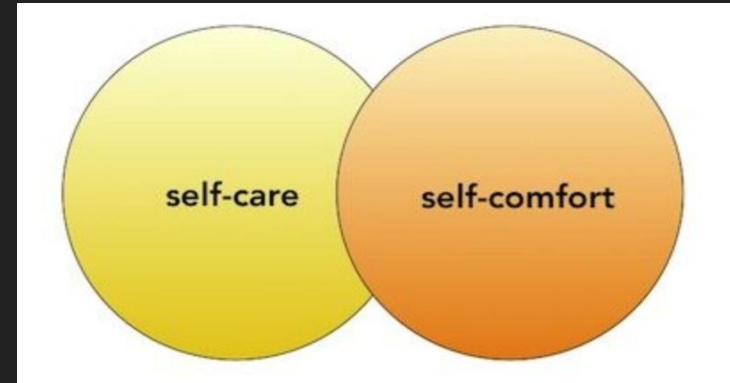
What do I mean as I talk about self-sabotage?

- **“Self-sabotage refers to behaviors or thought patterns that hold you back and prevent you from doing what you want to do.”¹**
- **“The term self-sabotage is used when this destructive behavior is directed at yourself. At first, you may not even notice that you're doing it. But when negative habits consistently undermine your efforts, they can be considered a form of psychological self-harm.”²**
- **“Behavior is said to be self-sabotaging when it creates problems in daily life and interferes with long-standing goals.”³**

Why We Self-Sabotage

A general way to understand what leads you to self-sabotage is that it is your brain's **MISTAKEN** overapplication of a necessary mechanism.

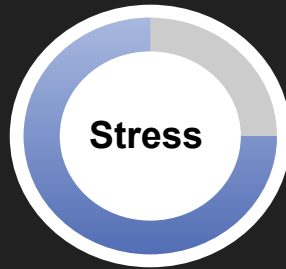
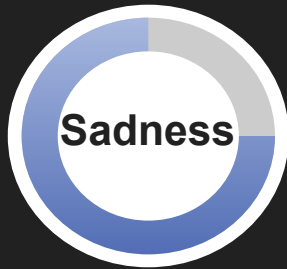
In order to protect you, your mind and body respond to perceived threats. But in reality, rarely are the triggers actual threats but are more just experiences of discomfort. So to avoid this discomfort, you select a behavior that eases this. In other words, you do something to relieve the fight or flight response, though this is often not apparent.



Triggers

Those That You May Detect

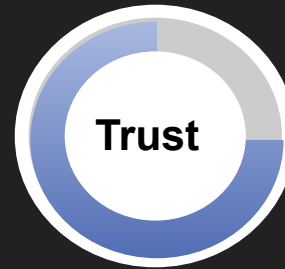
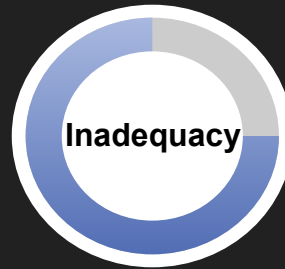
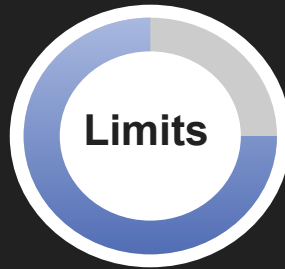
Some of the triggers are things that may be easier to detect. These are sometimes external triggers like relational or situational stimuli.



Triggers

Those That Are Harder to Detect

Some of the triggers are things that may be harder to detect because they are deeper, longer held limiting beliefs or self-criticisms.



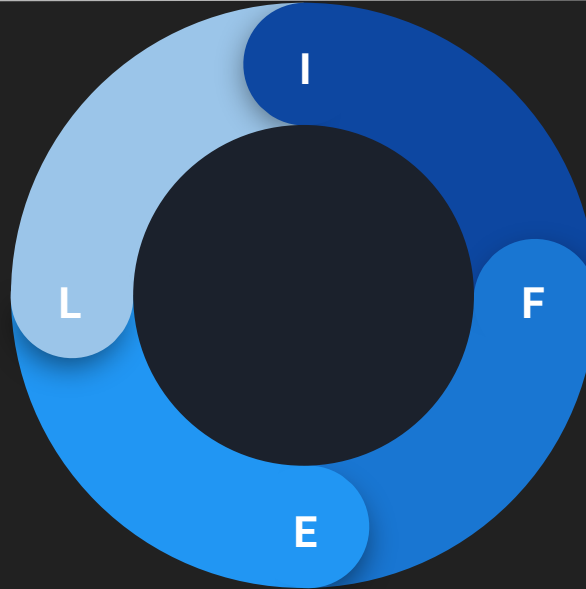
LIFE Underlying Reasons--from Judith Ho's book Stop Self-Sabotage⁵

Low self-esteem

Carrying negative thoughts and beliefs about our value, abilities,, etc.

Excessive need for control

Discomfort with being surprised of not following routine



Internalized beliefs

Limiting beliefs that we have learned and hold onto

Fear of change

We fear unknown outcome of changes we are making (failure or success)

Specific Triggering Thinking Patterns

“Shoulds” --inflexible rules about how you and others should behave

Mind reading--assuming how others feel and think about you

Discounting the positive--dismissing positive information about your efforts

Overgeneralizing/catastrophizing--broad conclusion based on single incident or making too much negative of an event

Personalization--excessive comparison of self with others

Black and white thinking--having no shades of gray

How to interrupt the patterns?

- Allow yourself to observe and ask what feelings, thoughts, beliefs preceded the action or desire to self-sabotage
- Refute the underlying thought or belief with supportive statements
- Remind your mind that you are okay, know what you are doing, that it is safe
- Continue to address changing the underlying triggers (journaling, meditation, celebrating small steps, etc)
- Hold in your mind's eye the comfort of progress in your goal rather than focusing on the discomfort causing the fight or flight response
- Practice getting comfortable with failure
- Set realistic expectations



Thank you!

1. https://www.mindtools.com/pages/article/newTCS_95.htm
2. <https://www.healthline.com/health/self-sabotage#seeking-help>
3. <https://www.psychologytoday.com/us/basics/self-sabotage>
4. <https://www.onlytogrow.com/blog-vital-signs-1/tag/Deborah+Adele>
5. <https://www.drjudyho.com/stop-self-sabotage>



SELF-SABOTAGE



Let's take a look at what your saboteur is telling you. Identify a current or recent challenge where self-sabotage surfaced.



EVENT/CHALLENGE/DIFFICULT FEELING



ACTION YOUR SABOTEUR PUSHED

THINGS SABOTEUR TOLD YOU TO DEFEAT YOU

HOW TO REFRAME/IGNORE or REFOCUS



Coach Terri's List of Books to Explore

Cravings, Emotional Eating, Relationship with Food, etc.:

When Food Is Comfort: Nurture Yourself Mindfully, Rewire Your Brain, and End Emotional Eating by Julie M. Simon

The Emotional Eater's Repair Manual by Julie M/ Simon

End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food by Jennifer L. Taitz

The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health by Ruth Wolever and Beth Reardon

When Food is Your Drug: A Food Addict's Guide to Managing Emotional Eating by Kristin Jones

Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh and Dr. Lilian Cheung

The Craving Mind: From Cigarettes to Smart-phones to Love--Why We Get Hooked & How We Can Break Bad Habits by Judson Brewer

The Craving Cure: Identify Your Craving Type to Activate Your Natural Appetite Control by Julia Ross

Mindset, Improving Self-Talk:

Mindset: The New Psychology of Success by Carol S. Dweck

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by

Kristin Neff

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer

Addicted to the Monkey Mind: Change the Programming That Sabotages Your Life by JF Benoist

Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Rick Carson

Talk to Yourself Like a Buddhist: Five Mindful Practices to Silence Negative Self-Talk by Cynthia Kane

What To Say When You Talk to Yourself by Shad Helmstetter

Negative Self-Talk & How to Change It by Shad Helmsstetter

Stress Reduction, Neuroplasticity:

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by Kelly McGonigal

Stress Proof: The Scientific Solution to Protect Your Brain and Body--And Be More Resilient Every Day by Mithu Storoni

Build A Better Brain: Using Neuroplasticity to Train Your Brain for Motivation, Discipline, Courage, and Mental Sharpness by Peter Hollins

The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness & Neuroplasticity by Melanie Greenberg

The Power of Neuroplasticity: The Breakthrough Scientific Discovery That Every Thought You Think Rewires Your Brain, and Changes Your Life by Shad Helmstetter

Binge Eating, Sugar Addiction, Approaches to Stop Responding to

Problematic Food Urges

Never Binge Again: Reprogram Yourself to Think Like a Permanently Thin Person. Stop Overeating and Binge Eating and Stick to the Food Plan of Your Choice! By Glen Livingston

Brain Over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good by Kathryn Hansen

*Rational Recovery: The New Cure for Substance Addiction by Jack Trimp

Breaking Up with Sugar: A Plan to Divorce the Diets, Drop the Pounds, and Live Your Best Life by Molly Carmel

Self-Sabotage

The Self Sabotage Behavior Workbook: A Step-by-Step Program to Conquer Negative Thoughts, Boost Confidence, and Learn to Believe in Yourself by Candice Seti

Stop Self-Sabotage: Six Steps to Unlock Your True Motivation, Harness Your Willpower and Get Out of Your Way by Judith Ho

Habit Change

Atomic Habits: An Easy Proven Way to Build Good Habits & Break Bad Ones by James Clear

Tiny Habits: The Small Changes That Change Everything by BJ Fogg

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

Yep, I enjoy reading books and am happy to share some options with you! You will likely find that these books within various categories overlap in some of the concepts, so picking up whichever one resonates with you would probably be a good starting point. Caveat I always provide...often books that talk about weight loss and nutrition still use traditional information about what is healthy (dietary guidelines based, low fat, etc.), so try to focus on the intended mindset and

behavioral changes rather than when they mention any specific foods or ways of eating.

*This book is about alcohol abuse recovery. The concepts can be very transferable to bingeing, or consuming addictive foods by replacing the references to alcohol and alcoholism to: bingeing, sugar, etc.