

# [PDF] Bright Line Eating: The Science Of Living Happy, Thin & Free

Susan Peirce Thompson - pdf download free book

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If you've always given up attempting to lose weight because you've exhausted your resolve or tried and not succeeded, if your health has become an issue and you've got to make a change, or if you just want a few pounds to lose and really would like to shed them and keep them off, then I have good news. You can have why your brain has been blocking you from losing weight and adopt a simple system that will permanently reset that around. You no longer have to look for a flood of confusing and contradictory information on how to eat. Or languish on the couch, wondering how to lose the excess, knowing you're choosing wisely on the maintenance plan. Or feel like your weight is holding you back from finally living your dreams and being the person you were meant to be.

Get ready to take back control of your brain and live your life as you never have before—happy, thin, and free.

"I just finished reading Bright Line Eating—every single word. This book is not like anything else out there. Not even close. Dr. Thompson has illuminated the reasons why so many of us are so addicted to bad food, sugar, and why obesity is so common. Most important, she outlines the path to freedom, fitness, and health. Freedom from the tyranny of the scale, fat foods, and addiction, all of it! This book is based not only on the personal experiences of thousands, but also backed up by solid brain science that has never been presented like this before. This book is a study in itself, and if you read it—every word, like I did—your life will be changed."

—Christine Neering, M.D., New York Times best-selling author of *Guidelines: Never Age*

"Bright Line Eating provides a groundbreaking perspective on persistent, unyielding, resistant weight-loss issues."

—Mark Hyman, M.D., Director, Cleveland Center for Functional Medicine and #1 New York Times best-selling author of *The Blood Sugar Solution*

"I absolutely love the Bright Line Eating philosophy! It is totally consistent with everything I've learned about helping people change behavior. This is a book I would recommend to anyone who wants to lose weight or change their relationship with food."

—Mendell Goodman, Ph.D., #1 New York Times best-selling author of *Piggy*



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## Books Details:

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**Description:**

**A NEW YORK TIMES BESTSELLER**

Foreword by John Robbins, author of the international bestseller *DIET FOR A NEW AMERICA*

In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, *Bright Line Eating* explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss.

Bright Line Eating (BLE) is a simple approach designed to reverse that process. By working with four "Bright Lines"—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals.

Best of all, it is a program that understands that willpower *cannot* be relied on, and sets us up to be successful anyway.

Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above.

*Bright Line Eating* frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

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