



Bright Line Eating: The Science of Living Happy, Thin, and Free (Hardback)

By Susan Peirce Thompson

Hay House Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Bright Line Eating has helped thousands of people from over 75 countries lose all their excess weight and keep it off. Are you ready to join them? 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 Line Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the...



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