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# BRIGHT LINE Eating

SUSAN PEIRCE  
THOMPSON, Ph.D.

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Thompson**

## **Book details**

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## **Synopsis book**

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: its 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 Susans own moving story, and those of her Bright Lifers, youll discover firsthand why traditional diet and exercise plans have failed in the past. Youll also learn about the role

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Susan Peirce Thompson**

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