

New York Times Bestseller

THE *SCIENCE* OF LIVING  
HAPPY, THIN,  
AND FREE



# BRIGHT LINE Eating

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## Bright Line Eating: The Science of Living Happy, Thin & Free



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A NEW YORK Occasions BESTSELLER Foreword by John Robbins, author of the international bestseller Diet plan FOR A NEW AMERICA In this reserve, Susan Peirce Thompson, Ph.D. Susan guides you through the phases of Shiny Line Eating— Rooted in cutting-edge neuroscience, psychology, and biology, Bright Range Eating explains why people who are desperate to lose excess weight fail again and again: it's because the brain blocks excess weight loss. Bright Line Eating (BLE) is a straightforward approach made to reverse that process. By working with four "Bright Lines"—s a game changer in a game that desperately needs changing. Best of all, it is an application that understands that willpower cannot be relied on, and pieces us up to reach your goals anyway. Susan Peirce Thompson shows us how exactly to heal our human brain and shift it into a mode where it really is ready to shed pounds, release cravings, and prevent sabotaging our weight reduction goals. Through the lens of Susan're vegan, gluten-free of charge, paleo, or non-e of the over. ll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the part addictive susceptibility has in your personal weight-loss journey, where cravings come from, how to rewire the human brain thus they disappear, and more. shares the groundbreaking weight-loss solution based on her extremely acclaimed Bright Range Eating Boot Camps. from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anybody, whether you's own moving story, and the ones of her Bright Lifers, you' It' Bright Collection Eating frees all of us from the obesity cycle and introduces a radical plan for sustainable weight loss. very clear, unambiguous, boundaries—



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A life changer I love Bright Line Eating. I've read many self help books and have tried several diets. I am right now 75 years outdated and 2 yrs ago I came across Susan Pierce Thompson program and finally the program that works for me. I've dropped over 100 pounds. I am so happy this publication is finally released and everyone has the opportunity to change their lives. I believe also there exists a personality component that makes people successful but that's harder to define. LIFE CHANGING I have always had a concern with food. I REALLY LIKE FOOD. ALL FOOD. Food encompasses my life. I believe about it constantly. I started viewing Susan's videos you tube. I noticed many women struggle with immense food cravings, binge and restrict cycling, defeating themselves up for eating off strategy, constantly struggling to remain on plan. I took the leap and joined the 14 day time challenge. It requires a bit more time in the kitchen, to prep and clean produce, but it's well worth the time. We completed the 14 day time challenge. It was not easy. I needed to be focused, organized and plan ahead. My hubby did this with me. I lost 8 pounds. He lost 19 pounds. Did I crave sugary processed food items? Ever. I had not been hungry. Yes I didn't surrender. It took about four weeks for all those cravings to go away. Best thing about this plan it works! I'm experience so much better Energy level increased Sleeping solid through the night Losing weight Decreased brain fog. I was white-knuckling it on Diet plan Coke and Coffee. You have to work at it. A Food Plan to Lose Weight - Eat Healthy - and KEEP IT OFF! You will see and feel results!) The way Dr. She was writing right to me!! She was writing right to me! That was how I felt when I browse the book "Bright Collection Eating, the Technology of Living Content, Thin, and Free"! People were congratulating me, and one woman kindly said "So did you figure it out? I don't accidentally eat too much or inadequate of the wrong thing.! But not really this time! After starting a Bright Range Eating boot camp a year ago TODAY, I've released 57 pounds and 35 inches general! Thompson does and that is invaluable in my weight loss journey. Friends and relatives have observed my achievement and asked me how I did it.! Thompson explains why the mind misbehaves and what we are able to perform to override it with shiny line eating. I've purchased many in order to give to friends and family because I'm convinced this is the only way to reduce the pounds and keep it all off! Quick. Thompson writes—it truly is like she is sitting at the desk with me such as a good friend, telling me the technology—the "why" I haven't had the opportunity to keep carefully the lost fat off. And the way she tells about the science is easy to understand with beautiful, readable illustrations. I did not have a binge eating disorder before starting the program but the severe restriction was difficult for me to handle and after initial achievement I began to develop extremely disordered eating.! Dr. (This is simply not a one book purchase and completed! But she doesn't stop there. Provides any other writer told you what to do when you travel or when you are ill or how to get through a special occasion like birthdays, weddings, holidays? I've told them about BLE in my own words but having this book will make it so much easier! and yes, I'd once again gain the weight. And for me, it's been the easiest, most healthy and delicious diet I've ever had. Lots of great science and research in this book. This is a way of living choice, a diet for an entire life time! I am so grateful to Susan Peirce Thompson for creating this fresh life-style for me and for everyone that has struggled with being overweight or obese! There are several common sense suggestions to follow, but I guess I needed more than that. My Last Diet I waited more than a year to write this review. You won't go wrong purchasing this book and following Bright Line Eating method! Those of us that have embraced BLE are UNSTOPPABLE! Many women will agree it really is therefore hard to lose excess weight after menopause. Works for couple of, torture for many Brightline Eating functions for a lot of, but very few can deal with the severely restrictive character of this plan. Brightline eating is no flour, no glucose, eat three meals a day. By

considerably. These people did not have small kids, stressful jobs, energetic lifestyles, or busy cultural lives. My only regret can be that I wish I'd have done it 20 years ago, but am therefore happy today, Remember a day at a time. The bandwidth necessary to be successful upon this system is immense. They are expensive applications; You can see why the above folks are successful and many aren't; it is extremely difficult to truly have a existence. Brightline Eating was not a good program for me. I did so two bootcamps, I joined brightlifers, I experienced a mastermind group and many buddies. I called in for training. I checked all the boxes. I had not been happy or free of charge. And who doesn't prefer to see the before and after pictures and read success tales! If you experienced asked me this past year for a review I would also sung the praises, but the program is simply not sustainable for most people. It generally does not teach a wholesome relationship with meals, it takes all the joy away from food, food preparation and workout are discouraged. She was speaking to ME. Ultimately it was not worthwhile. It was torture on my body and mind. This does work. Daily meditation, journalling, readings, phone calls, facebook posts, food preparing.9, fasting blood sugar 220) diabetes with diet plan no medication. It's an acceptable way to eat. You will see many five star reviews here. Avoid being fooled, they are all from authors band of faithful supporters. During the launch of the book, the author repeatedly asked for those in the program to come right here and leave positive reviews. I feel better.! Many years ago, in one of my never-ending diet/overeating cycles, I happened to be at a small size. I started BLE in an effort to go from an average size to thin body. I was totally convinced that if I wasn't thin, that I was a partial failing at life. This publication fed right into that mentality. Happy, thin and free is exactly what I was searching for. Well, you know what? The hunger I experienced on BLE was excruciating for me personally. I calculated that I was consuming 1,200 calories per day. This is regarded starvation by doctors. An excellent program, and best of all I'm not hungry. I simply couldn't get there. I got down to goal excess weight and maintained for almost six months. I'm eating very well, thank you very much. Maintaining the diet was practically a complete time job. The frightening point is that I believed all this was so regular for so long. Should you have any interest in weight reduction or food addiction, you should definitely read this book!"Bright Line Eating, the Research of Living Happy, Thin, and Free" isn't yet another "diet" book! I've read a lot of diet plan books and I believe this is among if not the very best one. She's figured it out! This is extremely problematic for me to also say these exact things publicly.!" And I stared back at her stupidly, my mouth area hanging open, no words could I say. And everyone there instantly comprehended - No, I hadn't figured it out. Dr. I do believe that Susan Thompson has figured it out! Charging this much for an ebook and offering no meal plans didn't function for me. I'm not white-knuckling. Time 45 down 17 poundsMy husband straight down 33 poundsIt works. And I understood all as well well, that no, this was not something I could sustain indefinitely. However, after being on this program for about a year and a half, I simply had to contact it quits. I was so upset. But no, I hadn't figured it out. This diet sucked my life out of me. I'm eating better than I have in 50 years, even as I'm slenderizing. And Yes, Yes, I completely can and shall sustain this way of eating for the rest of my life. Many thanks Susan Peirce Thompson for figuring it out. Many thanks Bright Line Eating to be here for me. This totally works! Don't be afraid to try it. Best diet book ever! From my 1 . 5 years in the program the successful BLE eater I saw was often older, non-working, sedentary females. Many books are full of so many selections and quality recipes and theories that don't make sense, that I never bypass to figuring them out. The book will encourage you to join the BLE community by paying for bootcamps and brightlifers. At the time her publication wasn't yet released. I can use the principles in the publication to easily decide on healthy foods for my family as well. This plan

lists weights for 3-4 food groups that should be on your plate each meal. That solved so very much for me. I am a 70-year-old post-menopausal girl who provides struggled for decades to lose excess weight—which I have accomplished many moments—but ALWAYS gained it back plus many more. Every single meal works out to be enough of what I want! I dropped 4 pant sizes quickly and today I eat a huge amount of food and keep maintaining my weight. This course of action works. The reserve is merely a sales automobile to make you join these programs. It really is a rigorous system, and if someone wants the clarity of restrictions (though she phone calls them a term better for marketing Bright Lines), then this is a good plan. FAA also does free phone calls each day, and members should find a sponsor. The food is great. Anything review posted right after the books release shouldn't be considered if you are thinking of buying this book. I'm so thankful I found this. My diabetes is gone on bright line eating I was already carrying out a extremely healthy whole foods plant based zero oil diet when We read this book. I was desperate to treat my serious (a1c 10. between \$500 and \$1000 dollars. The expectation is that a person should be able to eat an extremely restrictive diet plan, both calorically and social-emotionally, for the others of their lives to be able to maintIn the state of being happy, thin and free. Following bright line system I made a few tweaks and in just a few days my blood glucose dropped to 107. I've no doubt I am in normal range in weekly roughly. What's amazing is normally I'm eating the same meals, just in a different way, and more fat and fruit. I couldn't adhere to the plan for any extended amount of time and I was designed to feel terrible concerning this by the leadership and the culture of the program. Not great, pretty good This is my estimation only, but this book doesn't really offer you specifics. There is absolutely no exact meal program, and you can't get one unless you join her \$500 boot camp. Seriously! For of program, until that moment I had not understood that truth. You aren't hungry. This book lays out a plan to to consume that helps overcome the physiological and psychological blocks that make slimming down and keeping it off so hard for the large number of overweight and obese people inside our country. Unlike any other known plan - that one has been working for so many! Created by a neuropsychologist and professeor who was simply previously a drug and food addict. Food Addicts Anonymous without the 12 steps, and also a hefty price tag The BLE program is actually Food Addicts Anonymous food plan (available for free on the FAA website), minus the traditional 12 steps. I simply began weighing stuff and placing it on my plate the day after I read the book without looking up an individual recipe or even going on a trip to the store. I'm all for capitalism, but those who participate in the Cult of SPT should be aware that essentially this is a free plan, which totally eliminates any type of flour and sugars which has been offered free of charge for decades.. For someone who doesn't want "camps", "mastermind organizations", et al, FAA is a great, free option.



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