

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



BRIGHT LINE Eating

SUSAN PEIRCE
THOMPSON, PH.D.

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The Science of Living Happy, Thin, and Free

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Learn how to lose weight naturally from a cognitive scientist who recovered from obesity without dieting.

DESCRIPTION

Over 99% of people who try to lose weight don't succeed. They don't get slender and they don't stay slender long term. Only 1% of people will get down to their ideal weight on traditional diets. Noticing the huge failure of dieting, **Susan Peirce Thompson PhD** realised that we are not dealing with a weight problem, but with a weight mystery. And she has found a groundbreaking method to solve that mystery.

This book shares:

- How the brain blocks weight loss
- Overpowering cravings
- The susceptibility scale
- The weight-loss food plan
- What about exercise?
- Getting to goal weight

Susan has already helped thousands of people in her Bright Line Eating Boot Camps to lose their excess weight and become happy, thin and free, and she shares her knowledge with you in this book.

SALES AND MARKETING

- The book offers a science-based approach to weight, free of judgment and blame. Thompson deconstructs the science of our brain to find a doable, realistic method for staying at a healthy weight.
- The author has a strong and dedicated following of 162K mail subscribers, and 13.8K Facebook followers across her accounts.
- This book is based on a tried-and-tested approach that Thompson has utilized in her successful online movement, which has already helped thousands lose weight and keep it off.
- The method is based on the author's personal experience of recovering from food addiction and obesity, and losing 6 dress sizes without dieting.

AUTHOR BIOG

Susan Peirce Thompson PhD is the founder and CEO of Bright Line Eating Solutions, a company dedicated to sharing the science of sustainable weight loss and helping millions to get happy, thin and free. Thompson holds a BA in Cognitive Science and an MSc and PhD in Brain and Cognitive Sciences. www.brightlineeating.com

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HAY HOUSE UK
Tel: 0203 675 2450 Fax: 0203 675 2451
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