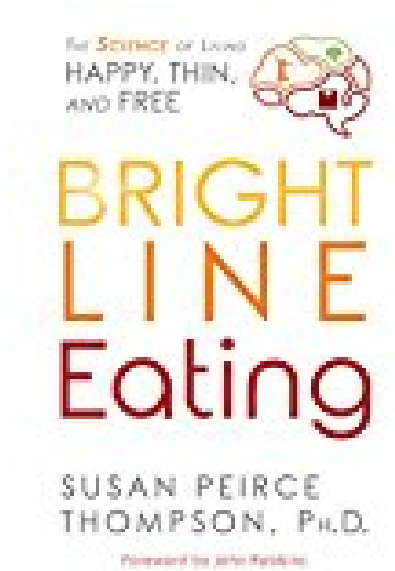


Bright Line Eating The Science of Living Happy Thin & Free



BOOK DETAILS

- Author : Susan Peirce Thompson
- Pages : 320 Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 1401952534

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BOOK SYNOPSIS

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.

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