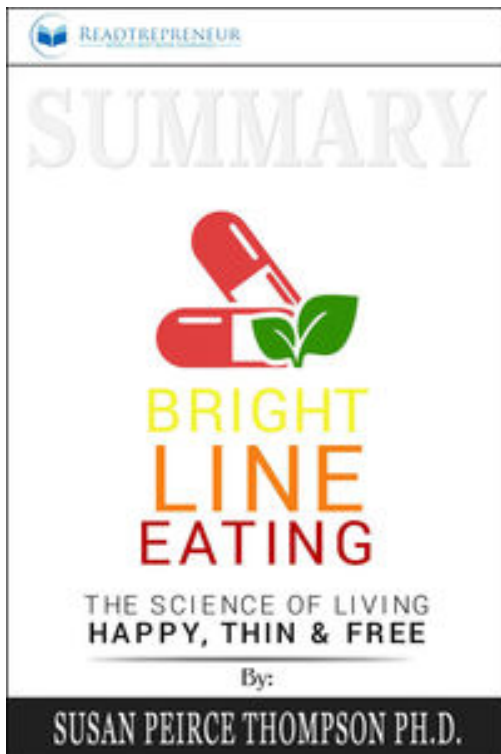


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(Disclaimer: This is NOT the original book, but an unofficial summary.)

If you're going to diet, take up on one that it's science backed as one of the bests! Are you struggling with your current diet? Have you tried multiple ways to lose weight but have failed in each attempt? Are you thinking of giving up and stop seeking a healthier life?

Don't!

You are not the only one that's not getting the result that they want, it's actually quite common, and this is because you need to read up on the common mistakes that everybody makes when they are trying to lose weight! Inform yourself with Bright Line Eating so you won't lose time ever again on a pointless diet. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in any way)

"Pounds go up and down senselessly based on how you've slept the night before, elimination and hydration levels." - Susan Peirce

Based in neuroscience, psychology and biology studies, this is a book that won't feed you lies or anything that isn't a fact. In this book, Susan Peirce will explain you why your brain is your worst enemy when it comes to weight loss and how can you fight him in order to get the results you deserve.

Take on a non-traditional diet because God knows, the ones that all people talk about don't work at all! Susan Peirce stresses that this book is not about relying on willpower, it's an ACTUAL way to teach your brain to avoid interfering your weight-loss process and aids you to shed pounds faster.

P.S. Bright Line Eating is an extremely informative book that will debunk all the myths you currently believe about dieting and help you have the greatest diet you have ever had!

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