About Dr. Susan Peirce Thompson

Susan Peirce Thompson, Ph.D. is an Adjunct Associate Professor of Brain and Cognitive Sciences at the University of Rochester, a *New York Times* bestselling author, and an expert in the psychology of eating. She is President of the Institute for Sustainable Weight Loss and CEO of Bright Line Eating Solutions, a company dedicated to helping people achieve long-term, sustainable weight loss. She and her team are on a mission to help 1 million people get into their "bright bodies" by 2030. Her program utilizes cutting-edge research to explain how the brain blocks weight loss, and every day she teaches people how to undo that damage so they have peace and freedom around food.

About Bright Line Eating®

Bright Line Eating® (BLE) is a scientifically grounded program that teaches you a simple process for rewiring your brain for sustainable weight loss. BLE is geared towards those who are susceptible to addictive foods and have struggled to find peace and sanity around food. The core principles of BLE are Bright Lines—clear, unambiguous boundaries we don't cross just like a non-smoker doesn't smoke, no matter what. The four Bright Lines are: Sugar, Flour, Meals, and Quantities.

Bright Line Eating is very structured and takes a liberating stand against moderation. We adopt an addiction model, because for many people, eating even a small amount of an addictive food doesn't make the craving go away—it makes it worse. The Bright Lines of sugar and flour rewire and heal the addictive centers of the brain so you can live free of those relentless cravings that propel you to eat foods you know aren't good for you and sabotage your weight-loss efforts.

But Bright Line Eating is more than just a way of eating—it's a movement. We have over 1 million subscribers, and thousands of participants from more than 100 countries have enrolled in our online Boot Camps. Our incredibly close-knit Online Support Community is the core of our program and provides the outreach and human connection essential to success. All of the pieces of the comprehensive system work together to support sustainable weight loss. We believe BLE is the most effective weight-loss program in the world, and we're amassing the data to prove it. Bright Line Eating's goal is to help 1 million people get into their "bright bodies" by 2030 and live free and at peace around food.

Publications

Dr. Susan Peirce Thompson is a two-time *New York Times* bestselling author:

- *Bright Line Eating: The Science of Living Happy, Thin, and Free*
- *The Official Bright Line Eating Cookbook: Weight Loss Made Simple*

Research

Bright Line Eating's various research publications can be found here.

Press

- TODAY - 2/10/2020 - 'Bright Line Eating' author talks mission to help others fight food addiction
- Woman's World - 07/13/19 - Melt 30 Pounds in 14 Days on This Bright Line Eating Plan
- Pop Sugar Fitness - 01/28/19 - If You Are Addicted to Sugar and Need to Lose Weight, Bright Line Eating Could Be the Answer
- Business Insider España - 5/15/2018 - 'Bright Line Eating', la dieta para adelgazar y perder peso de los adictos a la comida
- USA Today - 1/11/2018 - Brain scientists identify a new kind of hunger that makes us overeat
- USA Today - 12/16/2017 - To lose weight this holiday season, build a 'willpower toolkit'
- Fox News - 4/6/2017 - How to lose weight and overcome food addictions
- The Doctors - 5/8/2017 - From Drug and Food Addict to Neuroscientist?

To book an appearance with Dr. Susan Peirce Thompson, please send media requests to appearances@brightlineeating.com