



## Thrive Fitness: The Program for Peak Mental & Physical Strength Fueled by Clean, Plant-Based, Whole Food Recipes

By Brendan Brazier

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Head of nutrition for the Cannondale-Garmin Cycling Team, nutrition consultant to the pros, and former professional Ironman triathlete Brendan Brazier is one of the world's leading experts on nutrition for professional athletes. In *Thrive Fitness*, he presents his own easy system for total health and fitness, complete with new photos and step-by-step exercises, for maximum results in minimal time. Whether you're a time-crunched beginner or an experienced athlete, *Thrive Fitness* will help you sculpt strong, lean muscles, reduce body fat, prevent disease and injuries, increase energy, cut sugar cravings, and sharpen mental clarity.

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# Thrive Fitness: The Program for Peak Mental & Physical Strength Fueled by Clean, Plant-Based, Whole Food Recipes

*By Brendan Brazier*

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## **Thrive Fitness: The Program for Peak Mental & Physical Strength Fueled by Clean, Plant-Based, Whole Food Recipes By Brendan Brazier Bibliography**

- Sales Rank: #6110023 in Books
- Published on: 2015-12-29
- Released on: 2015-12-29
- Format: International Edition
- Original language: English
- Dimensions: 9.10" h x .60" w x 7.10" l,
- Binding: Paperback
- 256 pages

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### **Editorial Review**

#### Review

“Brendan’s knowledge is second to none.” - Simon Whitfield, Olympic Gold Medalist (triathlon, Sydney, 2000)

“...an average reader with any level of nutritional and fitness background would easily understand and incorporate Thrive Fitness into their lifestyle...Thrive Fitness provides a great holistic view on health.” - J. Kevin Masters, Impact magazine

“Brendan Brazier knows how to eat and train for wicked performance...In his latest book, Thrive Fitness...the B.C.-based athlete goes further, sharing a wealth of fitness information designed to get you into top shape.” - The Calgary Herald

“I am forever grateful to this book and to Brendan . . .I have noticed increased energy and more restful sleep. My desire for sugar and salt is waning, and what’s more, I am following [these] recipes, and loving them.” - Hugh Jackman, Actor

“During my fifteen years in the strength and conditioning industry I’ve read just about every nutrition book that’s come down the pike. Not too many of them, however, has had the lasting impact that Thrive has. Because of what I learned from Brendan I have completely revamped my own nutritional program and in my mid thirties, I’m feeling and performing better than ever. More importantly, I’ve started using his recommendations with all of my high level athletes and they are setting new personal bests and recovering faster than ever before. I can’t say enough good things about Thrive and honestly believe that every athlete, trainer or coach owes it to themselves to read it.” - Jason Ferruggia, Chief Training Adviser to Men’s Fitness Magazine, author of Fit to Fight

“The Thrive Diet is a life changing book!” - Jon Hinds, former LA Clippers strength training coach and advisor to MLB and NFL teams

“The Thrive Diet is an authoritative guide to outstanding performance, not just in top-level athletics, but in day-to-day life.” - Neal D. Barnard M.D., President, Physician’s Committee for Responsible Medicine

“Brendan Brazier’s Thrive Diet will increase the micronutrient density of your eating style and enable you to live longer, live healthier and thrive.” - Joel Fuhrman, M.D., Bestselling author of Eat to Live and Eat for Health

“The Thrive Diet is a must read.” - T. Colin Campbell, Ph.D, author of the bestselling The China Study

“Quite possibly the most life-changing book you'll ever read. For maximizing fitness and vitality, The Thrive Diet has no equal.” - Erik Marcus, publisher of Vegan.com

“Filled with powerful information that will forever change the way you address life’s daily speed bumps. You owe it to yourself to listen carefully to Brazier’s advice for controlling the negative stresses of 21st Century living.” - Joseph Connelly, founder and publisher, VegNews Magazine

“Brazier’s Thrive Diet is one of the most accessible and easily incorporated guides to plant-based health.” - Alive Magazine

“The Thrive Diet [is] complete with recipes that will get you through race season, or life in general, with flying colours.” - The Ottawa Citizen

“The Thrive Diet is packed with invaluable information that can assist anyone at any level.” - Bruny Surin, Olympic gold medalist (4 x 100 meter relay, Atlanta 1996), third-fastest human ever

“Quite simply, The Thrive Diet is the most comprehensive nutrition and lifestyle program we’ve ever seen.” - The G Living Network

#### About the Author

**Brendan Brazier** is the international bestselling author of *The Thrive Diet*, *Thrive Fitness*, *Whole Foods to Thrive*, and *Thrive Energy Cookbook*. Brendan is head of nutrition for the Cannonade-Garmin Cycling Team and nutrition consultant to several NHL, MLB, NFL, MLS, UFC, and Olympic athletes. He is a former professional Ironman triathlete, two-time Canadian ultramarathon champion, and creator of Vega, the award-winning line of whole food nutritional products.

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##### **Titus Johnson:**

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you

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**Mark Adair:**

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