

Thrive Fitness, second edition: The Program for Peak Mental and Physical Strength—Fueled by Clean, Plant-based, Whole Food Recipes



As nutrition consultant to the Cannonade-Garmin Cycling Team as well as for several NHL, MLB, NFL, and Olympic athletes former professional Ironman triathlete Brendan Brazier is one of the worlds leading experts on nutrition for professional athletes. Here, Brendan presents his own easy system for total health and fitness, complete with new photos and step-by-step exercises, to get maximum results in minimal time. Whether youre a time-crunched beginner or an experienced athlete, Thrive Fitness will help you sculpt strong, lean muscles; enhance the quality of your sleep; reduce body fat; minimize your risk of disease; increase energy; sharpen mental clarity; cut sugar cravings; and prevent sports injuries.

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