

[PDF] Thrive Fitness: The Vegan-Based Training Program For Maximum Strength, Health, And Fitness

Brendan Brazier - pdf download free book



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Description:

Review *Library Journal*, 12/3/09

“Essential for vegans who want to get on the fast track to athletic fitness.”

Taste for Life, 3/1/10

“If you think that “vegan” and “athlete” are mutually exclusive terms, meet Brendan Brazier, Ironman triathlete *and* long-time vegan.”

About the Author Brendan Brazier, professional Ironman triathlete and creator of VEGA, an award-winning plant-based nutritional line, is regarded as one of the world’s leading authorities on athleticism and plant-based nutrition. He lives in Los Angeles, California, and Vancouver, British Columbia.

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