



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

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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