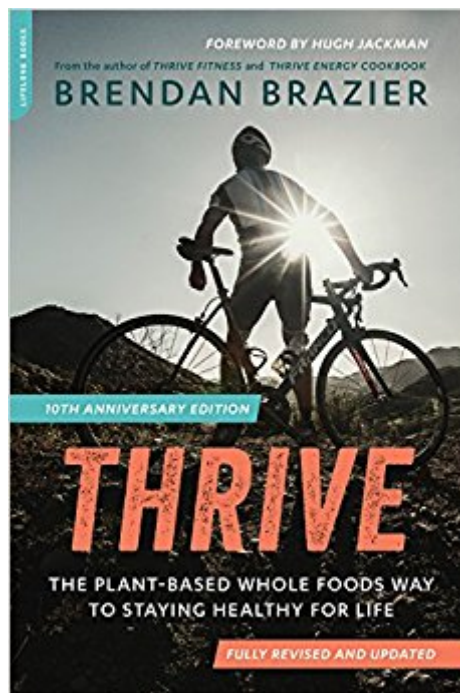




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# Thrive, 10th Anniversary Edition: The Plant-Based Whole Foods Way To Staying Healthy For Life



## Synopsis

One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

## Book Information

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## Customer Reviews

One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easytofollow program to enhance his performance as an elite endurance athlete. Ten years later, it still works. This updated anniversary edition includes 25 new recipes alongside Thrive s classic 12-week whole foods meal plan and 125 original easy-to-make recipes that are free of dairy, gluten, soy, wheat, corn, and refined sugar. By following this program, readers lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; and get more restful sleep. Thrive is a longterm eating plan that will help you develop a lean body, sharp mind, and lasting energy, whether you re a professional athlete or simply looking to boost your physical

and mental health. "

Excellent easy to understand priceless information!

I heard about the book from a youtube video. I haven't been athletic for over 20 years, but I found the initial part of the book inspirational. The recipes were fairly easy to follow, and everyone agrees I'm a terrible cook outside of toast.

Great theory and insight on the pluses of eating completely plant based for fitness and climate change. Not preachy and does not get into the guilt of factory farming or animals, per se. I was really interested in the material on Alkaline vs acidic foods and also the portion on stress. Well done!

This book is perhaps the quintessential, plant-based guide to good health. However the ingredient lists beg the question "What do us 'Po Folk' do?" Mr. Brazier is clearly a nutritionist to the stars (Hugh Jackman's forward is superb). But without a Hollywood contract the rest of us would be hard pressed to try and keep our cupboards stocked with Brazier's recommendations. If budget is no problem, buy the book. Otherwise, look elsewhere. There are many affordable options for good, healthy, plant based programs.

Been vegetarian and eating clean for more than 10 years but I still found this book to be useful and enjoyed it.

I was very disappointed by this book. I'm a long-time vegetarian and bought the book hoping to improve my diet for optimal athletic performance. I was hoping it would be a good introduction to the science behind the physiology of athletic performance and nutrition. Unfortunately, the book only touches on the physiology of what fuel the body uses during various types of exercise, the mechanics of glycogen replenishment, etc... The book also makes many assertions that I don't believe there is any scientific support for (e.g., cooking food above 118 degrees destroys the enzymes).

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