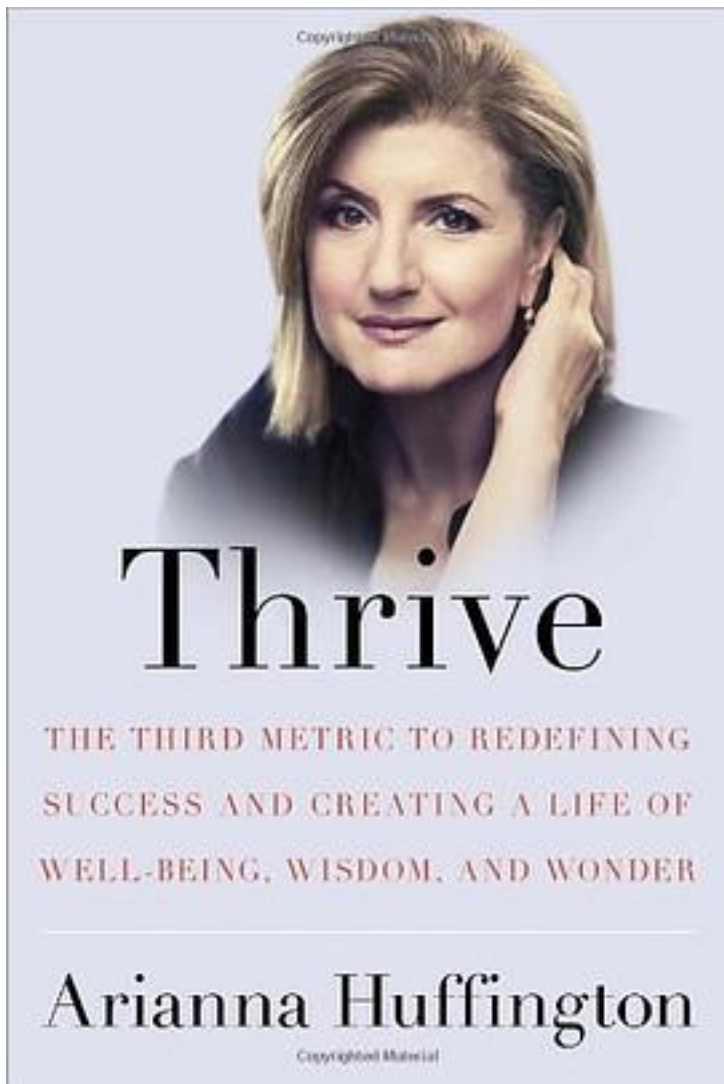


Thrive



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著者:Brendan Brazier

出版者:Da Capo Lifelong Books

出版时间:2008-12-22

装帧:Paperback

isbn:9780738212548

The thrive diet is a long-term eating plan to help all athletes (professional or not) develop a lean body, sharp mind, and everlasting energy. As one of the few professional athletes on a plant-based diet, Brendan Brazier researched and developed this easy-to-follow program to enhance his performance as an elite endurance competitor. Brazier clearly describes the benefits of nutrient-rich foods in their natural state versus processed foods, and how to choose nutritionally efficient, stress-busting whole foods for maximum energy and health. Featuring a 12-week meal plan, over 100 allergen-free recipes with raw food options including recipes for energy gels, sport drinks, and recovery foods and a complementary exercise plan, The Thrive Diet is an authoritative guide to outstanding performance” (Neal D. Barnard, M.D., Physician’s Committee for Responsible Medicine).

作者介绍:

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标签

锻炼

营养

素食

健康

vegetarian

英文原版

书单

评论

这本书并不只是写给素食者的，而是写给所有希望提升运动表现力的跑者和耐力运动员的书。强烈推荐！我想翻译这本书，打算联系作者。有哪家出版社有意引进，请联系我。

食物的生产,烹调和消化都会耗费能量,营养也会因此流失,Brendan从职业运动员的角度出发,自己亲身尝试了不同的饮食方法.总结出了thrive diet这一套新的饮食方式,最低消耗能量却达到了最大化地摄取能量的目的.当然不少高质量的原料目前国内难以购买,所以加上运费,吃下来花费会比较高.

比Finding Ultra实用

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书评

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