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Performance In Sports And Life By Brendan Brazier,
Hugh Jackman**



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Brendan Brazier is a Canadian former endurance athlete, author, advocate of a vegan diet, and creator of the Vega line of food products and supplements. Brazier is a former Ironman triathlete (1998–2004). He is the author of *The Thrive Diet* (2007), *Thrive Fitness* (2009), and *Thrive Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life*

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