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**By Brendan Brazier**

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Brendan Brazier is the creator and host of the Thrive Forward web series, based on his bestselling Thrive book trilogy (Thrive, Thrive Fitness, and Thrive Foods).

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Best-selling author (The Thrive Diet, Penguin 2007) and professional Ironman triathlete, Brendan Brazier is the founder and creator of a raw, organic, whole food

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Brendan is the best-selling author of Thrive book series, formulator of the award-winning Vega nutrition line and creator behind Thrive Forward.

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Brendan Brazier is a former professional Ironman triathlete and two-time Canadian 50km Ultra Marathon Champion. He is now a successful performance nutrition

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- Brendan Brazier (\* 1975), kanadischer Ausdauersportler und Autor - Frank Brazier (\* 1934), australischer Radrennfahrer bestselling author of Thrive,