



Dr. Vonda Wright's Guide to Thrive: 4 Steps to Body, Brains, and Bliss

By Vonda Wright

Triumph Books. Paperback. Book Condition: new. BRAND NEW, Dr. Vonda Wright's Guide to Thrive: 4 Steps to Body, Brains, and Bliss, Vonda Wright, Discover the secrets to healthy exercising, eating, and thinking with this 6-month program that will change your life. These could be the best years of your life, whatever your age! Written by highly respected orthopaedic surgeon and active ageing expert Dr. Vonda Wright, "Guide to Thrive" provides readers with a fantastic 6-month program that will change the way they move, eat, think, and feel - giving them the energy and emotional health to really enjoy life. Packed with expert, yet practical and easy-to-follow advice on everything from exercising and injury prevention to nutrition and buying the right groceries, this is a must-have volume for anyone wanting to make the most of life - no matter their age.



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Reviews

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