



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

Vonda Wright

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Dr. Wright unfolds her *Guide to Thrive* by preparing readers for six remarkable months of body, brains, and bliss transformation, using her framework of the four practical steps. As a scientist and physician, Dr. Wright backs up each step with the latest science about the vital connections between the physical body, the mind, and emotional health and equips readers to move, eat, think, and feel in order to thrive. Additionally, readers are invited to join Dr. Wright's online fitness and nutrition club where they can enter their own health data and receive instant interactive information and encouragement.



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