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**Is Rich Roll the Ultimate Athlete? - Finding Ultra -**

Fri, 19 Oct 2018 08:23:00 GMT - In the years since Finding Ultra was published, Rich has become one of the world's most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols.

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Mon, 17 Sep 2018 07:06:00 GMT - Today I'm thrilled to announce the release of the brand new updated and revised edition of Finding Ultra. A page 1 overhaul, it's now 100 pages longer + 30-40% brand new material. A new Foreword.

**rich roll on Instagram: “7yrs ago, I released my first ...-**

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Fri, 12 Oct 2018 16:59:00 GMT - Rich Roll. A graduate of Stanford University and Cornell Law School, Rich is a 49-year old, world-renowned vegan ultra-endurance athlete, wellness advocate, husband, father of four and inspiration to people worldwide as a transformative example of courageous and healthy living.

**Finding Ultra by Rich Roll -**

Fri, 21 Sep 2018 07:09:00 GMT - Book Summary: The title of this book is Finding Ultra, Revised and Updated Edition and it was written by Rich Roll. This particular edition is in a Paperback format. This books publish date is May 21, 2013 and it has a suggested retail price of \$17.00. It was published by Harmony and has a total of 400 pages in the book.

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