

# Zehhu Crossing The Bridge From Depression To Life

## Volume 1

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Rich is an Integrative Nutrition Health Coach and author of Crossing the Bridge: Diet + Training to Rebuild Your Body & Life. At the age of 55, he discovered how losing 20 pounds every 3 months, and the deadlift can change your body, and even change your life. Go here to read how the deadlift changed his life, and see how he did it.

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