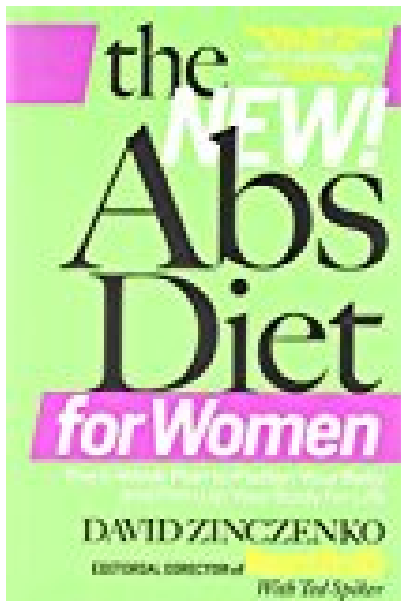


The New Abs Diet for Women The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life



BOOK DETAILS

- Author : David Zinczenko
- Pages : 416 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1605293156

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BOOK SYNOPSIS

The New York Times bestseller is back, updated with over 30 percent new research, groundbreaking weight-loss studies, new exercises, and new ways to use the Power 12 foods, including almonds, beans, eggs, peanut butter, and more for even faster weight loss. The latest research shows that starting an exercise program from scratch, even in middle age, can quickly make a man as healthy as one who has been exercising religiously for years. Regardless of age, size, or number of failed diets in the past, any man with the desire to can find his abs and--more importantly--improve his health dramatically. Since its publication in 2004, The Abs Diet has endured as a proven plan grounded in sound principles of nutrition and the latest clinical science. Now this New York Times bestseller has been turbocharged with new weight-loss research, interval workouts, a bonus chapter of new core exercises, and delicious new recipes using the Abs Diet Power 12 Foods, which are scientifically proven to burn fat and build muscle.

THE NEW ABS DIET FOR WOMEN THE SIX-WEEK PLAN TO FLATTEN YOUR STOMACH AND KEEP YOU LEAN FOR LIFE

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