

[PDF] The New Abs Diet For Women: The 6-Week Plan To Flatten Your Stomach And Keep You Lean For Life (The Abs Diet)

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Description:

Review "Packed with all-new weight loss research, practical healthy-eating tips, and easy no-gym workouts, *The New Abs Diet for Women* is an indispensable guide to achieving the body you've always wanted— fast!" —**Michele Promaulayko, editor-in-chief of *Women's Health***

About the Author David Zinczenko is editor-in-chief of *Men's Health* magazine and editorial

director *Women's Health* and author of the bestselling *Eat This, Not That!* series. He is a regular contributor to NBC's *Today* show.

Ted Spiker, a journalism professor at the University of Florida, is a contributing editor of *Men's Health*.

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