



# The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life

By David Zinczenko, Ted Spiker

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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.

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### **Editorial Review**

#### Review

“Clear, crisp, refreshingly sensible . . . there are few ‘diet books’ that I am willing to endorse. I endorse this one enthusiastically.” ?*David L. Katz, MD, director of medical studies in public health at Yale University School of Medicine*

#### About the Author

**David Zinczenko** is editor-in-chief of *Men's Health* magazine and editorial director *Women's Health*. He is a regular health and nutrition 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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##### **Barbara Palmer:**

In this era globalization it is important to someone to get information. The information will make

professionals understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The actual book that recommended for you is The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life this guide consist a lot of the information of the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book appropriate all of you.

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