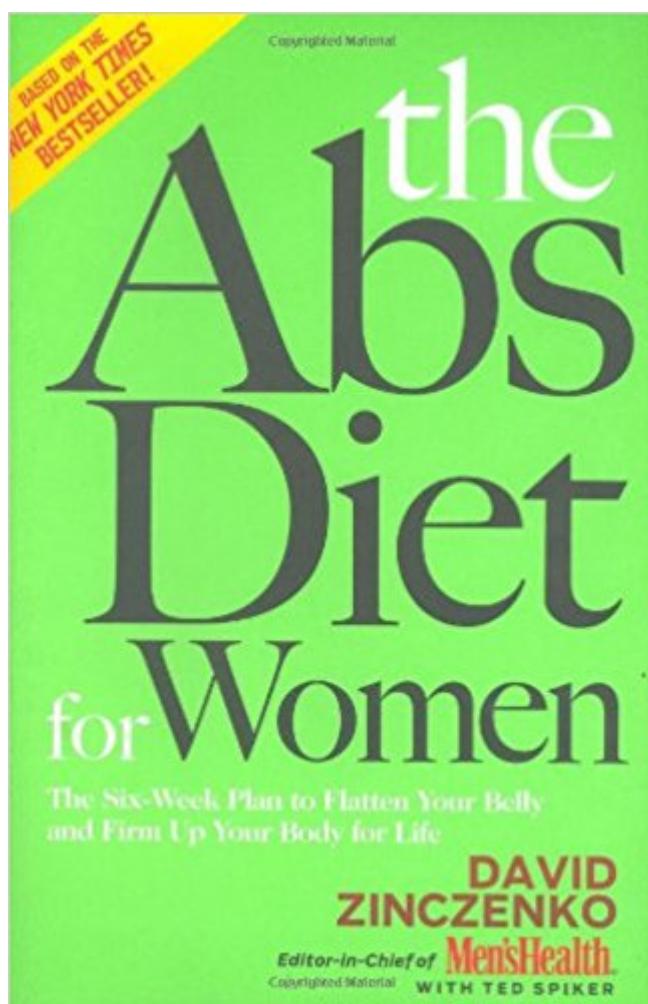


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# The Abs Diet For Women: The Six-Week Plan To Flatten Your Belly And Firm Up Your Body For Life



## **Synopsis**

The New York Times bestseller now adapted specifically for women, shows how to achieve a flat stomach and great shape in just 6 weeks, and stay lean and healthy for life. Drawing on revolutionary new weight-loss research, David Zinczenko, a leading health and fitness authority, developed The Abs Diet, the national bestseller that has been helping hundreds of thousands to lose pounds quickly and dramatically re-shape their bodies while maintaining the principles of a safe, healthy, and nutritionally balanced diet. Now the Abs Diet has been tailored specifically for women's unique needs. Packed with information developed exclusively for women, The Abs Diet for Women includes:-the Abs Diet osteoporosis prevention plan-tips on managing menopausal symptoms without hormone replacement therapy-information on how the Abs Diet can prevent joint pain-details on how the Abs Diet can improve female sexual response-a postpartum workout for new moms-a bonus stress-busting workout chapter that builds a fit body and a calm mind

## **Book Information**

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## **Customer Reviews**

DAVID ZINCZENKO, editor-in-chief of Men's Health magazine, is one of America's leading experts on health and fitness. He lives in New York City and Allentown, Pennsylvania. TED SPIKER, assistant professor of journalism at the University of Florida and a contributing editor to Men's Health, resides in Gainesville, Florida.

My husband and I went on the Abs Diet last year and did great. I saw this new book and thought

maybe I could tailor the Abs Diet for me, as a woman. I thought things would be a little more differentiated, but the changes from the "men's" book are minimal. The recipes and basic concepts are the same. A lot of the book focuses on post-baby weight, which is not my concern (yet). The testimonials are from women and the exercises are photos of women, but other than that, it's not really any different than the men's version. If you're both trying out the diet, you might as well stick to the men's version and save a few bucks. But, if it's just you (and you're a woman), then give this "diet" a shot. We had great results and felt a lot better eating the recommended foods. Beyond that, you don't even start the exercises 'til you're 3 weeks into the program! Great for those who need to ease into a new diet/program.

I already had the Abs Diet for Men book but wanted to see how they modified the womens' version. I think women need to be more sensitive to quantity of food intake than men do, and I was curious as to how this book addressed it. They still stick to the theory that eating the 12 power foods will keep you from over eating, but in case you don't buy it, they spend some time crunching numbers for those who want to calorie count. The math they use, though a little complicated, seems valid and useful. The contents of this book are VERY similar to the men's book. If you already own the mens' version, you probably don't need to shell out cash for this one. BUT where this book really impressed me was the quantity of exercises. It goes way above and beyond the mens' version, and I love this book for that reason alone. They also do a great job showing you gym versus home versions of exercises so you can do variations with more basic equipment (dumbbells only, etc.). I'm looking forward to digging in and getting results. Even if I can't get a six pack, following what this book outlines will definitely make you healthy.

I am usually pretty hesitate to purchase diet books, but the positive reviews managed to convince me that it would be worth a look. It is okay, I do like that there's a lot of information in it covering different areas-- I am sure that I can use some of the information with in--- but I've found that it's not something that I feel particularly will work with my life style, resources and goals at this time. It may work for others though.

This book brings together the different components of the Abs Diet lifestyle and handily combines them all, serving as a great reference guide. True to Abs Diet style, inspirational true stories are peppered throughout the book, prompting the "why didn't I find this sooner" thought. There are several variations on the meal plans that put together real-life examples of how the Abs Diet looks

across a couple weeks and highlights how many options there are, never leaving you feeling like you're eating the same stuff all the time. Also included are specific exercises and plans for women - dealing with menstrual issues, pre- and post- pregnancy, menopause. If I had one wish, it would be that the exercise pages were glossy coated pages with color photos. However I love that this book is paperback and has a smaller profile, so wouldn't want to give that up.

This is what I call a COMPLETE book...meaning the information is practical, very informative, extremely detailed. It covers everything from what you should eat, why you should eat it, how to prepare it, how to exercise, when to exercise, etc. Above all, the author encourages you to success! You can do it! This is definitely a "bible" for your physical well being. It's F-A-B-U-L-O-U-S! The great price really helps too! I HIGHLY RECOMMEND THIS BOOK IF YOU ARE SERIOUS ABOUT CHANGING YOUR BODY AND EATING PROPERLY. Just read a few pages every day and it's immediately worked into your life as a good habit. Needless to say, I have recommended this book to a number of my friends.

Pretty good book but to be honest I do not go by it because I have my own style of working out and I am educated on health..

Love this book! It is the only "diet plan" that I've come across that actually is doable for the long term. It's actually a fun/ interesting read and you learn a lot about food, exercise and how your body uses and burns fat/energy.

Loved it.

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ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) The New Abs Diet for Women:Â Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The Abs Diet for Women: The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) The New Abs Diet:Â Â The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The

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Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The New Abs Diet Cookbook: A Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly. (Letsdoyoga.com Wellness Series) Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet)

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