



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

David Zinczenko, Ted Spiker

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Easy to follow, easy to stick to, and more satisfying than a great-fitting pair of jeans, *The New Abs Diet for Women* - by David Zinczenko with Ted Spiker - has been retooled with groundbreaking new science for even faster results!

The *New York Times* bestseller is back, updated with 40 percent new research, groundbreaking weight-loss studies, new recipes and 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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