



The Abs Diet for Women: The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life

David Zinczenko, Ted Spiker

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In survey after survey, men and women say that a flat abdomen is the ultimate symbol of sex appeal. And in study after study, researchers found that getting a firm belly is the single most significant step anyone can take to stay healthy for life. Now available in paperback, *The Abs Diet for Women* shows the most effective way to a flat belly, a firm body, and a much better life.

Packed with information developed exclusively for women, the book includes:

- information on how the Abs Diet can prevent joint pain, improve female sexual response, and give a woman the flat belly she craves in just six weeks

- Abs Diet adaptations to tailor the diet to each woman's individual needs

- psychological strategies for dealing with obstacles and changing moods

- 3 weeks' worth of all-new meal plans

- tips on managing menopausal symptoms without hormone replacement therapy

- new and super-effective moves that incorporate yoga and Pilates to strengthen the core, stretch the body, and relieve stress?plus a postpartum workout to help moms lose the baby weight

Easy to follow and more satisfying than a great-fitting pair of jeans, *The Abs Diet for Women* is the most effective way for a woman to change her health, her size, and her body for good.

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Anita Burns:

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