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The ABS Diet the ABS Diet Personal Trainer

By David Zinczenko

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. In this specially priced collection, you ll get both the best selling The Abs Diet and its companion audiobook, The Abs Diet Personal Trainer. Strong abs and flat stomachs are the ultimate indicator of overall health for both men and women. Great abs will help you live longer, sleep better, prevent back pain, and significantly improve your sex life! (And, hey, they don t look half-bad in the mirror, either.) Unfortunately, you could spend years on starvation diets and extreme exercise programs that never unearth those elusive stomach muscles. Once on this revolutionary new diet you ll look and feel better than ever without deprivation dieting, counting calories, measuring foods, worrying about confusing phases, or ever feeling hungry! In fact, you can eat more and weigh less by planning your meals and snacks around the 12 key foods that help burn fat and build muscle. Sound impossible? Let David Zinczenko prove it to you. As editor-in-chief of Men s Health, the world s most important men s magazine, Zinczenko has devoted his career to helping people improve their lives through the latest and most well-researched health, nutrition, and...



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