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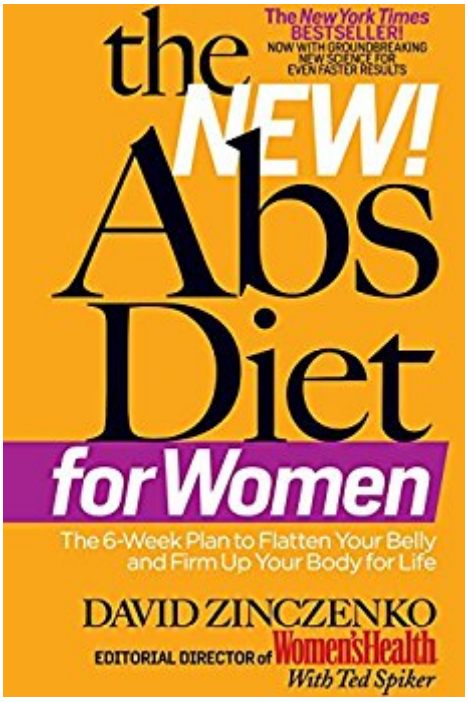
The New Abs Diet For Women:Â The 6-Week Plan To Flatten Your Belly And Firm Up Your Body For Life (The Abs Diet)



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Synopsis

Easy to follow, easy to stick to, and more satisfying than a great-fitting pair of jeans, The New Abs Diet for Women has been retooled with groundbreaking new science for even faster results!Women's Health has loaded this new edition with more useful tips, body-sculpting exercises, and delicious new recipes using the Abs Diet Power 12 Foods, which are scientifically proven to burn fat, build muscle, fight heart disease, and boost the immune system. The New Abs Diet for Women also contains bonus workouts that target the legs and butt, moves that incorporate yoga and Pilates, and new interval workouts that burn off pregnancy weight.

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Customer Reviews

I bought the original Abs Diet book several years ago and intended to go on the diet but I never got around to really starting.Eight weeks ago, I weighed 185 pounds (I'm 5' 10") and I was starting to really show some of those love handles. I knew that I didn't need to lose a ton of weight, 10-15 pounds maybe.After being on the diet for 8 weeks, I've lost 11 pounds and I'm still losing weight. I've probably lost more than that amount in fat since the goal of this diet is to put on a few pounds of muscle. My love handles are almost gone and my abs are starting to show.The best part of this diet

is that I'm never really craving all of those bad foods. Eating tasty yet nutritious food six times a day and a cheat meal once (OK, for me maybe twice) a week is more than enough to satisfy my cravings.Two small drawbacks: The healthy foods (fruit, veggies, low fat dairy, poultry, etc.) tend to be more expensive than the bad food (candy bars, pasta, hot dogs, etc.). Also, eating six small meals requires a little planning to make sure that you always have them so you won't take a trip to the convenience store for a Snickers bar.People who want to lose weight the healthy way and, more importantly, improve their overall health should definately try this.

I am very pleased with this book. I've been on the Abs Diet for a couple of weeks now, and feel so much better because it is a _highly doable_ sensible eating plan with the most current information on how to fuel a body to run efficiently and burn fat.Also, the options are laid out in a way that can fit various life styles and limitations. Time, expense, family obligations, and not wanting to always put a lot of energy into managing meals are all factors that I have to contend with at various times. I must have a plan that I can easily tweak to adapt to my daily circumstances. This plan is the first one I've found that works for me. I also follow Dr. Oz, and find much of the same information about healthy eating is presented on his show. This book, however, synthesises a lot of confusing dietary recommendations into an achievable process. This book makes it easy and takes the stress out. I'm feeling so much better and my cravings have subsided. I am beginning to lose weight at last. I highly recommend this.Individuals can taylor it to meet their needs. I am hypothyroid, which makes it hard for the weight to come off under 1500 calories a day. I combine this plan with a myfitnesspal.com to monitor my intake. This is working well for me.

I have NEVER read a book that has inspired me to become HEALTHY like this one has. I needed to diet and was in a major diet "rut!" The best thing about his plan is you really dont feel like you are on a diet. It is all about getting your body healthy. I am going on my third week of the plan and I have lost 6 pounds and my body feels much tighter. My whole outlook is better because I am not starving myself with some crazy diet or eating a bunch of crazy foods that other diets recommend. This is SO easy to follow that I will incorporate my entire eating lifestyle based on his plan. This is not just 6 weeks for me this is how I will live my life. If I can do this, please beleive me ANYONE can. Don't let the author being a Mens Health" editor deter any women from this plan, I am a woman who is enjoying this plan to its fullest extent and trying hard to get my husband to conform. All in all 6 STARS from me!

I like the fact that the authors explain how things work in our bodies (how protein intake relates to the increased metabolism resulting from the workout, and to the muscle growth; which foods are good for metabolism; which of them aid in weight loss or lowering cholesterol levels). Although the idea of having six meals a day does not always fit my busy schedule, the one of snacking with fruits and/or nuts between main meals does seem to be effective in my case. What I like most about the book is the well balance diet that does not exclude any food groups. I am a great believer in the nourishment based on natural foods and The Abs Diet fully supports this belief. Dr. Tombak in the book "Can We Live 150 Year" farther explains proper food combination and its effect on our bodies. For that reason his book is a very good addition to The Abs Diet.

This is my first review; on anything. While I do rely on reviews most of the time, I never thought I'd actually write one myself, but this book soooo inspired me! I'm not new to diet and nutrition, I actually ate most of the 12 powerfoods prior to reading the book and knew how bad "white stuff" was (as opposed to whole grains). My problem like so many others is just plain over eating! I was at my heaviest when I got this book and was basically in denial. This book really opened my eyes and actually got me obsessed with losing weight. In just under 3 weeks I lost eight pounds and went from a size 12 pants to a 10. I have a long way to go but this is the first plan that I feel I can live with forever. You truly are not hungry on this plan if you follow it properly. The book is very easy to understand and the author is witty and interesting. After I read this book I also got the new abs diet cookbook, as I wanted a physical book also (I got the ebook version of this particular book so I always had it handy). There are plenty of recipes in this one too, but I just couldn't get enough!

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