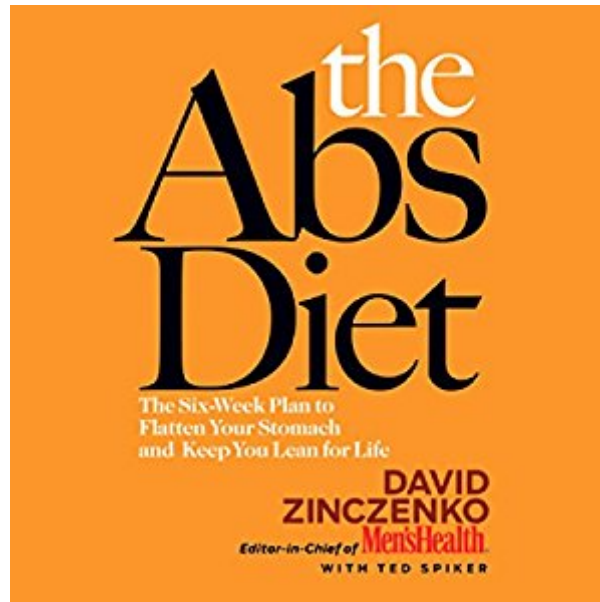


The book was found

The Abs Diet: The Six-Week Plan To Flatten Your Stomach And Keep You Lean For Life



Synopsis

The Abs Diet is a three-pronged attack on the abs for a flat stomach. It shows you how to lose weight through diet and exercise and how then to tone your muscles with specific abdominal exercises. The diet is straightforward and flexible, based on 12 'super-foods' that help promote weight loss, and on eating frequent small meals. The exercise plan is a whole-body strength-training programme combined with some interval training and, finally, there are 60 abdominal exercises to choose from so you can tailor the whole regime to meet your personal requirements. --This text refers to the Paperback edition.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 38 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Rodale, Inc.

Audible.com Release Date: September 26, 2005

Language: English

ASIN: B000BKHEOO

Best Sellers Rank: #18 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts
#43 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #44 in Books
> Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism

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 definitely 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 tailor 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 don't 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 believe 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!

[Download to continue reading...](#)

The New Abs Diet for Women: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life
The Abs Diet: The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life
How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2)
The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life
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)
The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!:
Abs workout for lean belly included!
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)
Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life!
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)
Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat)
HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs

Book 1) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less Lean Six Sigma: A CASE STUDY IN PHARMACEUTICAL INDUSTRY - IMPROVEMENT OF MANUFACTURING OPERATIONS THROUGH A LEAN SIX SIGMA APPROACH. Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Strong Legs,Ripped Stomach: The No B.S. Path to Six Pack Abs (Bodybuilding Guide) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

[Dmca](#)