

# [PDF] The New Abs Diet: The 6-Week Plan To Flatten Your Stomach And Keep You Lean For Life

David Zinczenko, Ted Spiker - pdf download free book

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**Books Details:**

Title: The New Abs Diet: The 6-Week

Author: David Zinczenko, Ted Spiker

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## Description:

**Review** "Clear, crisp, refreshingly sensible . . . there are few 'diet books' that I am willing to endorse. I endorse this one enthusiastically." —**David L. Katz, MD, director of medical studies in public health at Yale University School of Medicine**

**About the Author David Zinczenko** is editor-in-chief of *Men's Health* magazine and editorial director *Women's Health*. He is a regular health and nutrition contributor to NBC's *Today* show.

**Ted Spiker**, a journalism professor at the University of Florida, is a contributing editor of *Men's Health*.

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