



# **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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*The New York Times* bestseller now adapted specifically for women, shows how to achieve a flat stomach and great shape in just 6 weeks, and stay lean and healthy for life.

Drawing on revolutionary new weight-loss research, David Zinczenko, a leading health and fitness authority, developed *The Abs Diet*, the national bestseller that has been helping hundreds of thousands to lose pounds quickly and dramatically re-shape their bodies while maintaining the principles of a safe, healthy, and nutritionally balanced diet.

Now the Abs Diet has been tailored specifically for women's unique needs. Packed with information developed exclusively for women, *The Abs Diet for Women* includes:

- the Abs Diet osteoporosis prevention plan
- tips on managing menopausal symptoms without hormone replacement therapy
- information on how the Abs Diet can prevent joint pain
- details on how the Abs Diet can improve female sexual response
- a postpartum workout for new moms
- a bonus stress-busting workout chapter that builds a fit body and a calm mind

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