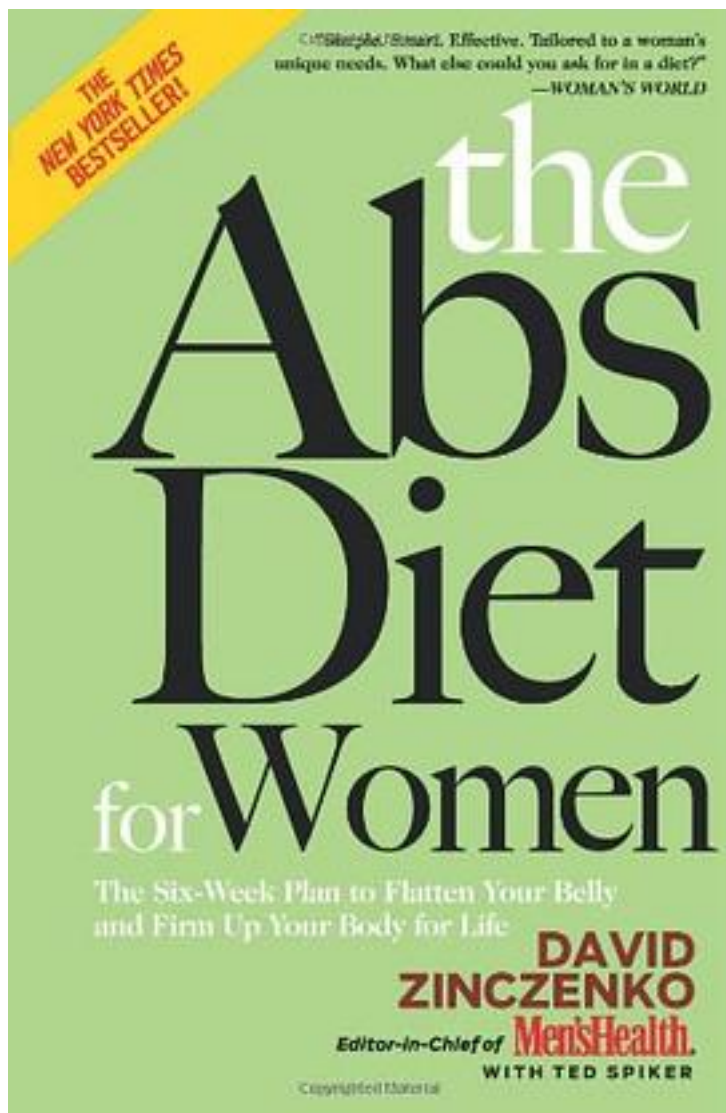


The Abs Diet for Women



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在线阅读本书

In survey after survey, men and women say that a flat abdomen is the ultimate symbol of sex appeal. And in study after study, researchers found that getting a firm belly is the single most significant step anyone can take to stay healthy for life. Now available in paperback, *The Abs Diet for Women* shows the most effective way to a flat belly, a firm body, and a much better life. Packed with information developed exclusively for women, the book includes: -information on how the Abs Diet can prevent joint pain, improve female sexual response, and give a woman the flat belly she craves in just six weeks -Abs Diet adaptations to tailor the diet to each woman's individual needs -psychological strategies for dealing with obstacles and changing moods -3 weeks' worth of all-new meal plans -tips on managing menopausal symptoms without hormone replacement therapy -new and super-effective moves that incorporate yoga and Pilates to strengthen the core, stretch the body, and relieve stress—plus a postpartum workout to help moms lose the baby weight Easy to follow and more satisfying than a great-fitting pair of jeans, *The Abs Diet for Women* is the most effective way for a woman to change her health, her size, and her body for good.

作者介绍:

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