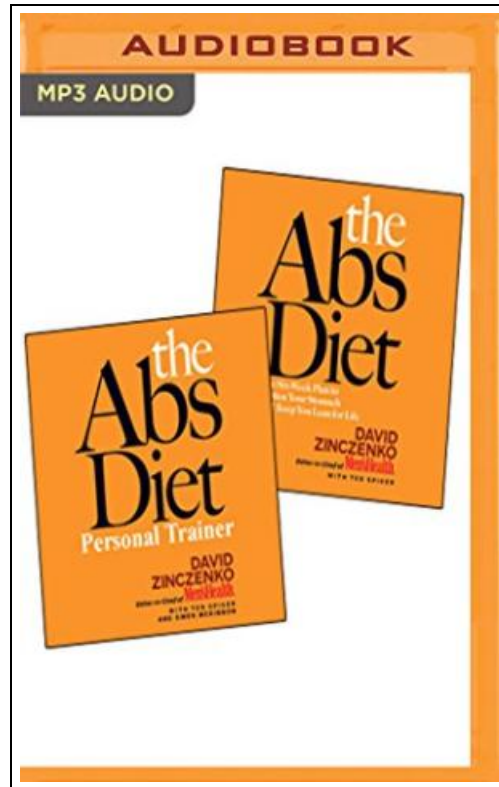


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Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. In this specially priced collection, you ll get both the best selling The Abs Diet and its companion audiobook, The Abs Diet Personal Trainer.Strong abs and flat stomachs are the ultimate indicator of overall health for both men and women. Great abs will help you live longer, sleep better, prevent back pain, and significantly improve your sex life! (And, hey, they don t look half-bad in the mirror, either.) Unfortunately, you could spend years on starvation diets and extreme exercise programs that never unearth those elusive stomach muscles.Once on this revolutionary new diet you ll look and feel better than ever without deprivation dieting, counting calories, measuring foods, worrying about confusing phases, or ever feeling hungry! In fact, you can eat more and weigh less by planning your meals and snacks around the 12 key foods that help burn fat and build muscle.Sound impossible? Let David Zinczenko prove it to you. As editor-in-chief of Men s Health, the world s most important men s magazine, Zinczenko has devoted his career to helping people improve their lives through the latest and most well-researched health, nutrition, and exercise information available.And now you can get a personal trainer to work out with you whenever and wherever you want for less than the cost of a new pair of shorts! The Abs Diet Personal Trainer coaches the listener through a total body workout using The Abs Diet exercise plan. Use it at home, in the gym, or when you re on the road. The Abs Diet workout is the easiest, most effective plan ever. At each level (beginner, intermediate, and advanced), the health and fitness guru Owen McKibben leads you through 35-minute strengthening and resistance training sessions to burn...



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