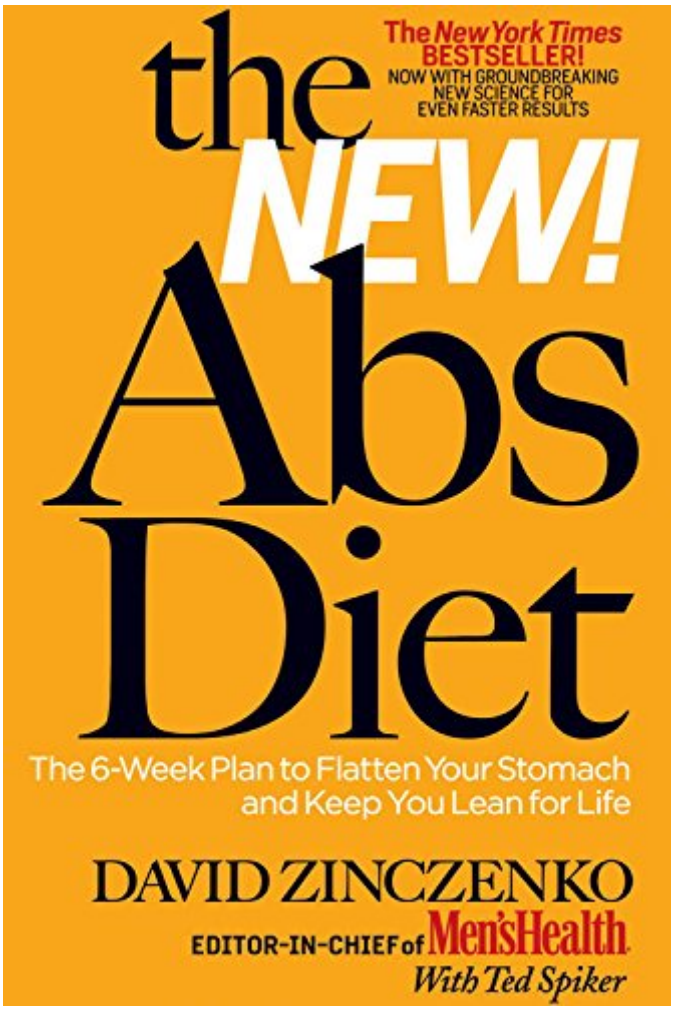
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The New Abs Diet:Ã‚Â The 6-Week Plan To Flatten Your Stomach And Keep You Lean For Life (The Abs Diet)



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Synopsis

The New York Times bestseller is back, updated with over 30 percent new research, groundbreaking weight-loss studies, new exercises, and new ways to use the Power 12 foods, including almonds, beans, eggs, peanut butter, and more for even faster weight loss.The latest research shows that starting an exercise program from scratch, even in middle age, can quickly make a man as healthy as one who has been exercising religiously for years. Regardless of age, size, or number of failed diets in the past, any man with the desire to can find his abs and--more importantly--improve his health dramatically.Since its publication in 2004, The Abs Diet has endured as a proven plan grounded in sound principles of nutrition and the latest clinical science. Now this New York Times bestseller has been turbocharged with new weight-loss research, interval workouts, a bonus chapter of new core exercises, and delicious new recipes using the Abs Diet Power 12 Foods, which are scientifically proven to burn fat and build muscle.

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Customer Reviews

I gave this book 4 stars only because, despite being hailed as "New!", author Dave Zinczenko has

done further research for his new book "Zero Belly Diet" that replaces some of the info in this book. That being said, I am impressed with the evidence-based research used to write this book and that is cited throughout. I am a nurse and will soon have my Master's degree in Nursing as a Nurse Practitioner. My specialty is diabetes, so healthful eating is part of my gig. Evidence-based research is also important to me so I can feel comfortable and confident in sharing data with my patients, as well as putting it to use for myself and my family. The science is sound yet it is well written so you do not have to be in healthcare, nor a nutritionist, so understand it. The recipes in this book are certainly handy, though I did go ahead and purchase "The New Abs Diet Cookbook" to supplement the info from this book. I highly recommend purchasing that alongside this book. The principles are easy to understand and follow. I am on day 3 of my lifestyle change and I have lost almost 5 lbs. I do not feel as though I am craving for or missing anything, nor am I hungry. The main thing that has changed in his new line of books is the author has decided to switch from whey-based protein to plant-based protein. I did some additional research on this because I was slightly perturbed that the same man was feeding me two different lines. The author states in a July 2015 interview with Blue Zone: "The recent research IÃƒÂ¢Ã â ¬Ã â„¢ve done for my Zero Belly Diet plan convinced me to make plant-based smoothies a part of my daily routine. IÃƒÂ¢Ã â ¬Ã â„¢ve traded in whey protein for vegan protein powders, because more and more studies show that plant protein is critical to longevity." So there you have it. I would like to see the author add a page in the front of this book that addresses this research and gives readers ideas to reduce the dairy ingredients, such as using almond milk instead of cow's milk, and switching to plant-based protein powders, whereas his recipes (and the book) still tout whey as the "whey" to go. (Ignore that; bad pun.) Overall, though, I can easily see this becoming my new, healthier way of life.

The "diet" itself is fantastic (I lost nearly 20 lbs following the guidance) and the book is educational and an enjoyable read but there's really very little here in terms of an update to the previous version. There also appears to be a lack of overall quality control with some "Continued on" pages referencing the incorrect page number (maybe the number was correct in the previous version?) and some conflicting guidance (one page says to do crunches very slowly and deliberately while two pages later it references a study that says you should do them pretty much as quickly as you can). If you have the older version, don't bother with this one. If you don't, then definitely pick it up. The program is fairly easy to follow and will definitely provide results.

While I was working on my Masters in Counseling I learned the phrase "It's not what you say but

how you say it" and I think this book is a prime example of helping others make changes by saying it right, and backing it up with scientific proof.As a weight loss coach myself I know that there has to be verbal keys that unlock whatever is holding someone back from making the changes they need to in their life to be healthy...but sometimes explanations fall on deaf ears that aren't ready for change. However, this book changed ME and how I help others. It is packed with proof, guidance, whys and hows and I can't imagine it not making a change for any reader.I agree with the review that says don't get this in the Audio version. I have both a hard copy and a Kindle edition--the Kindle edition worked find but I prefer the hard copy because you do want to flip back and forth to the food groupings (you'll see what I mean when you read it) However, you can also do this by simply saving certain pages on your Kindle.I recommend this book over the woman's edition...not enough changes in that one and this is just concise and clear.I still limit caloric intake but if you pair that up with the way of eating that the abs diet goes into, you don't hit plateaus and your body works as a well-oiled machine to give you more energy and utilize fat stores for energy when you limit your caloric intake.This is the healthiest way of getting fit and, ironically, a fast way to do it as well. It's not a good read you put down, for me it was a lifestyle change. Oddly, it had other effects aside from just healthy weight loss with no plateaus...my face has broken out since I was a teenager and I'm now 43. After just a few weeks of this style of eating I had flawless skin. When I moved into a new house and had no time to eat right, my old issues of lowered energy, skin breakouts etc. came back...as they have everytime since then that I've gone off track. I rarely do go off track, however...there just is not need to. This provides for excellent meals and healthy living for LIFE rather than just a short term interim diet.Negatives: Easy to overeat if you forget to consider your calorie consumption as well. As long as you don't overdo the calories, this combo of foods is a great way to lose weight but he doesn't quite stress that calories in vs calories out is still the only way to lose weight best. In fast the largest weight loss study in the world was recently completed by the New England Journal of Medicine...took 8 years and thousands of people but proved calorie deficit is still the best way to lose weight, not limiting carbs etc as once thought. Old school thought is now accepted as medical science...if you take in less calories than you burn, your body uses fat to function and you lose weight BUT if you do that with these foods, you increase your burn, especially in your core. That too, has been proven.Highly recommend.

I am very pleased with the results so far and it's been less than 2 weeks. Although I am not yet noticing a difference in my clothes, my scale says otherwise. And the food part is soooo easy to do. Just returned from 4 days camping and I took plenty of snacks with me, so staying on the regimen

was easy to do.I cannot wait to see the results 4 weeks from now!To the author--Thank you so much for writing this book! It really does seem to be working.

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