



The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life

By David Zinczenko, Ted Spiker

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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.

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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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