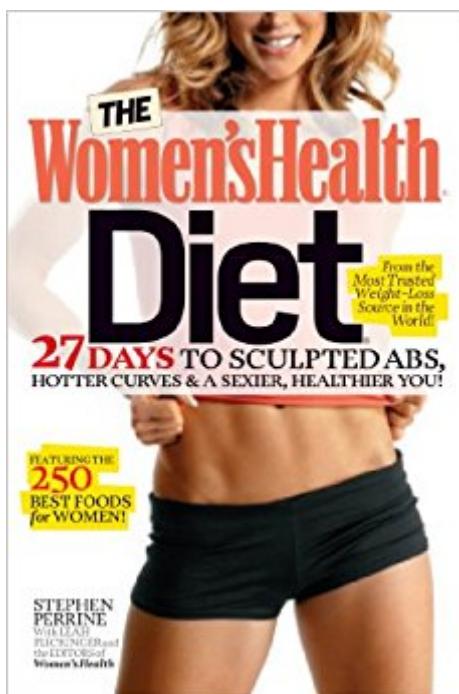


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# The Women's Health Diet: 27 Days To Sculpted Abs, Hotter Curves & A Sexier, Healthier You!



## Synopsis

For more than a decade, the editors of Women's Health have been researching, analyzing, and evaluating every weight-loss technique on the planet. They've tested every workout, sampled every food, studied every bit of research, and consulted the top exercise and nutrition experts in the world. Now that expertise is gathered in one place. Packed with delicious recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate guide to a slimmer, sexier body. The Women's Health Diet - by Stephen Perrine with Leah Flickinger and the Editors of Women's Health - is jam-packed with hundreds of revolutionary fitness and nutrition tips including: • The 80 Percent Rule: Why cheating on your diet isn't just okay • It's essential! • 24 on-the-spot food fixes that will help you beat everything from big-meeting jitters to big-date angst • Age-specific strategies to maximize progress, whether you're 20, 30, 40, 50, or beyond! • Dozens of mouthwatering recipes that satisfy and fight fat fast!

## Book Information

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## Customer Reviews

STEPHEN PERRINE is publisher of Rodale books and an editor-at-large of Men's Health. He has appeared on numerous national television shows, such as CBS's The Early Show, the 700 Club, and Extra! He lives in New York City.

This book was very interesting and has given me a lot to think about. With so much in the news media these days about eating a plant-based diet rather than meat or dairy, I found it intriguing that

this plan encourages women to eat low fat dairy and meat products. According to this book, I'm not eating enough protein (particularly before and after a workout). According to others, I'm eating too much. How do we know who to believe? It seems like everyone can site studies to support their claims. Even opposite claims. Just a note-- as a 50 year old woman who already works out, I found some of these exercises difficult to complete. I'm wondering if I'm more out of shape than I thought or if these exercises are HARD. I plan to keep up with the workout routine for the 6 weeks and see what happens.

If you're looking to lose some weight and look more toned, this is it. But I warn you: The exercise routine is HARD. Quick, efficient, but HARD. You'll get results though. The food portion is not a restricted "diet". It's a pretty lenient protocol with lots of variety and it's all explained in a really easy to understand way. Its basis is real foods. The workout part is using your body weight: no gym, no equipment, no nothing. Just you and it really works you. \*\*I noticed another reviewer who questioned whether she was just out of shape or are the exercises really hard?... and I would say BOTH. The exercises themselves aren't hard on their own, but when completed in a set, it's more than you do in your typical workout; that's what makes it so efficient. My husband bought the men's version of this book (which is the same as the women's but with added weight and a couple of the exercises were modified) and before our vacation he did this program for 6 weeks, religiously. He's 43 and fit. I'm talking 1.5 in the gym 6 days a week, serious about proper fitness and form type of man. He thought this workout couldn't be much of anything because of the mere simplicity of them and how little time he would be spending on the workout. He was more than a little surprised when he had a hard time completing the routine the first week. This workout pushes you to the limit. He was able to do the full circuit and at the end of the workout he was drenched in sweat, like he never would be at the gym, and he saw results. He was leaner and stronger. His cardiovascular system was so much stronger that at about the 3rd week, after his workout he would go and run a mile, "just for fun". What I'm saying might sound daunting, but I recommended this book to my 57 year old mother. Did I think she could complete the circuit of exercises 3 times? Nope. But I think she could do it once and I think it's perfect for a woman that age or a woman of 20. The exercises use your body weight and bring a full range of motion to the movements and your joints. Perfect for any woman (or man) who maybe feels insecure about going to a gym or just doesn't know how to start. This book is comprehensive on the food side too. It's easy and promotes eating meat and dairy, which is something you don't find very often. We ate, and ate, and ate, more than we usually do, and we never gained a pound.

I found this book to be very informative in the weight loss aspect. Would recommend it if you are looking for ways to improve yourself. The seller was quick to deliver and item was in very good condition.

I have so far lost 77 pounds on my own by omitting sugar from my diet and exercising. I wasn't looking for a diet per say but a guide to maybe help me along with my journey, with new ideas for different foods I can eat and foods that will optimize my health. I have picked up dozens of diet books and couldn't get through even the first chapters because what they were saying didn't feel right. I mean if you are overweight, you most likely know how to diet. While this book has pages full of saying how great their plan is (Which is why this is at four stars not five.) it is easy to read and the actual plan is good, sound advice on how you should eat for life. Not a diet. Again if you are overweight, you know diets do not work and this isn't a diet. It is a way of eating that anyone can stick to and can adapt to their daily lives. I highly suggest this for someone wanting to lose weight in a sound, healthy manner.

I appreciate the balanced approach to diet and weight loss. The book explores many researched findings. I think nowadays it's easy to make undocumented claims in order to persuade, but I didn't get the impression that this book was selling a fad, rather it presented a balanced approach and generally healthy lifestyle.

I bought it the articles.

browsed through the book and it has a lot of good information.

Great read and tons of very helpful tips!

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