

The Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & a Sexier, Healthier You!

By Stephen Perrine, Leah Flickinger, Editors of Women's Health



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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!



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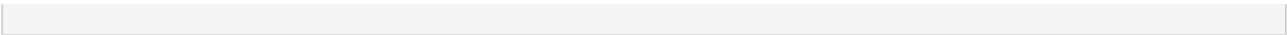
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Editorial Review

About the Author

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.

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