



The Men's Health Diet: 27 Days to Sculpted Abs, Maximum Muscle & Superhuman Sex!

By Stephen Perrine, Adam Bornstein, Heather Hurlock, Editors of Men's Health

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For more than 20 years, *Men's Health* has been America's number one source of health, fitness, and weight loss information. Its editors have tested every workout, chowed down on every food, and consulted the top exercise and nutrition experts in the world. Now, this valuable expertise is boiled down into one plan that will revolutionize weight loss: *The Men's Health Diet* - Stephen Perrine with Adam Bornstein, Heather Hurlock, and the Editors of Men's Health - is a proven program backed by cutting-edge research that works with a reader's body to build muscle and shed pounds-in just 27 days.

This unique program features 7 supersimple Rules of the Ripped-scientifically proven, breakthrough strategies that often run counter to standard "diet" advice (like Rule #7: Eat whatever you want at least 20 percent of the time!). Built around 8 "Fast & Lean" superfood groups, *The Men's Health Diet* is so easy, so effective, readers can't help but turn fat into muscle and stay strong and lean for life.

Features include: 101 Tips That Will Change Your Life in 10 Seconds or Less; The *Men's Health* Muscle System exercise plan; and the 250 Best Foods for Men. Packed with easy-to-prepare recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate secret weapon for a stronger, leaner, more muscular body.

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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.

Users Review

From reader reviews:

Hazel Polk:

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