



Flat Belly Diet!: A Flat Belly is about Food & Attitude. (Not a Single Crunch Required)

By Cynthia Sass, Liz Vaccariello

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Join the million-plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods.

With the Flat Belly Diet you can:

- Lose inches in just 4 days
- Drop up to 15 pounds in 32 days
- Boost your energy as the weight falls off!

Prevention, America's most trusted healthy-living magazine, presents the *New York Times*-bestseller Flat Belly Diet--now with a new foreword by Dr. David L. Katz describing new research about the many health and weight loss benefits of this amazing eating plan. Enjoy delicious dishes such as Seared Wild Salmon with Mango Salsa, Slow Cooker Chili, and Pumpkin-Maple Cheesecake--and you will lose belly inches and greatly enhance your likelihood of living a longer and healthier life.

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