

**The Men's Health Big Book: Getting Abs: Get A Flat,  
Ripped Stomach And Your Strongest Body Ever--in  
Four Weeks By Adam Bornstein**



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The Men's Health Big Book: Getting Abs. ADAM BORNSTEIN is the editorial director of Livestrong.com, Body Plan, The Men s Health Diet,

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Adam Bornstein is the author of The Women's Health Big Book of Abs (4.21 avg rating, 19 ratings, 1 review, published 2012), The Men's Health Big Book (3

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