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#### Books Details:

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#### Description:

**About the Author David Zinczenko** is the editor-in-chief of *Men's Health* magazine and the author of *New York Times* bestsellers *The Abs Diet*, *The Abs Diet for Women*, and *Cook This, Not That!* He splits his time between New York City and Allentown, PA.

**Matt Goulding** is a contributing food and nutrition editor of *Men's Health* and former professional chef. He was nominated for a James Beard Award in 2009. He lives in Allentown, PA.

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