

# [PDF] Eat This, Not That! 2013: The No-Diet Weight Loss Solution

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#### Description:

**About the Author DAVID ZINCZENKO**, editor-in-chief of *Men's Health* magazine, is the author of the *New York Times* bestsellers *The Abs Diet* and *The Abs Diet for Women*. He is a regular contributor to the *Today* show. 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 a former

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