



# **The Lean Belly Prescription: The fast and foolproof diet and weight-loss plan from America's top urgent-care doctor**

*Travis Stork, Peter Moore*

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This *New York Times* bestseller from one of the hosts of *The Doctors* presents *The Lean Belly Prescription*, a simple, enjoyable, supereffective cure for belly fat—one of America's greatest health risks

Dr. Travis Stork, cohost of the popular, nationally syndicated television show *The Doctors*, teams up with *Men's Health* editor Peter Moore to deliver a personalized prescription for readers looking to shrink their bellies and their health risks. Among the slimming strategies they offer:

- The PICK 3 TO LEAN plan lets readers design their own diet around their favorite meals and snacks!
- 10-Second Slim Down tips guide readers through key weight-loss tipping points and help them navigate their way to the lighter side of the scale!
- The Laws of Leanness boil down confusing and often contradictory fitness, health and nutrition information into 20 words or less giving the reader a quick and simple take away!

"When it comes to having the firm, lean belly you've always wanted, this book might just be the final word."  
?David Zinczenko, author of the *Eat This, Not That!* series and *The New Abs Diet*

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