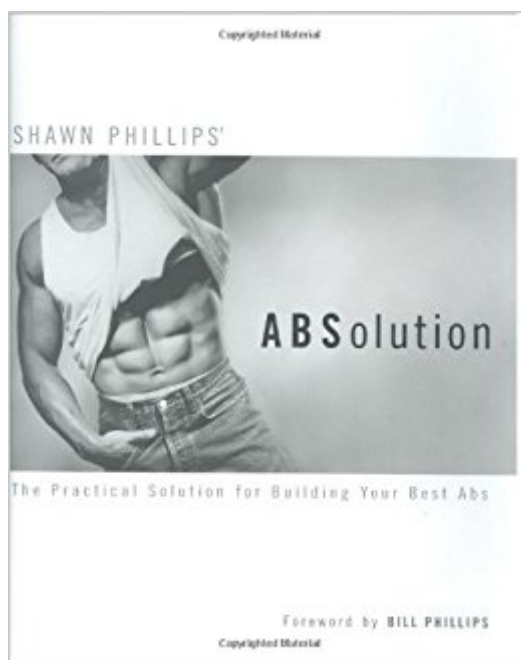


The book was found

ABSolution: The Practical Solution For Building Your Best Abs



Synopsis

The question I'm most frequently asked goes something like this, "Shawn, what's your secret--what's the one thing you do differently than everyone else that allowed you to build such great abs?" The one thing, the one thing, the one thing... So many people are looking for the one thing--the secret. Many people think the one thing is some ab-training device like the type you see advertised on television infomercials. It's not. Others would like you to believe that the one thing is some miracle fat-burning pill. It's not. Others would have you believe that the one thing--the big secret--is liposuction or some other quick fix. Once again, it's not. The fact is, and this is the first and most fundamental lesson of my ABSolution Program, the one thing is everything! Everything we do affects the way we look and the way we feel. It's when we exercise, how we exercise, and the exercises we do. It's when, what, and how much we eat. It's which vitamins and supplements we nourish our bodies with. It's how much we rest and recover. It's how we think and how we live. It's everything. And, that's what this book is all about. It's about everything you need to learn to build your own absolutely fantastic abs.

Book Information

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Customer Reviews

"ABSolution is the only ab book I own. And it's on the living room table in my house. Inspiring and real." ~ Frank Zane, Former Mr. Olympia, Mr. Universe and author --Frank Zane, Mr. Olympia, Mr. Universe, author "An instant best-seller, ABSolution is the best, most complete truth about abs book ever created. The amazing art is inspiring." ~ Bill Phillips, author Body for LIFE, Transformation --Bill Phillips, author Body for LIFE, Transformation "I hear from at about 20 trainers a month who were

inspired to guide others in health & fitness by this book. That's great to know!" ~Shawn Phillips, *Strength-for-LIFE* --Shawn Phillips, Creator Full Strength Nutrition

Fitness expert Shawn Phillips says it's time to forget fad diets, miracle pills, and trendy exercise machinery--it's time to get back to basics. It's time to accept the fact that if you want to build a lean, healthy, muscular body, complete with a defined set of abs, you're going to have to work for it. However, he points out that hard work and dedication alone are not enough to produce the results most people are looking for--you have to follow an intelligent plan. And, unfortunately, in today's world of over-hyped and under-performing "quick fixes" for building better abs, finding a voice of reason has become a real challenge. The good news is there is a solution--a practical solution for building your best abs. And that solution is clearly revealed in the book you have at your fingertips right now. *ABSolution* incorporates the many lessons Shawn Phillips has learned through his own pursuit of building a better body, which has spanned some 20 years. It also incorporates his countless hours of scientific research and real-world experience gained by helping numerous world-class athletes and people from all walks of life successfully reach their fitness goals. *ABSolution* is not a quick-fix, nor is it a "simple and easy" way to get in great shape. It's an effective, scientifically safe and sound approach. And it's a common-sense approach in a fitness industry where common sense is not common at all.

Nothing novel in here. It was 5\$ though so not a huge loss. This is more of a commercial for his company and supplements.

It's quite obvious from the title what this book focuses on - abs. In that way it is quite good. Shawn's explanation of abs and the exercises he gives you are quite effective. The rest of the book is full of fluffy nothings. Pictures of Shawn and his 'nutrition' information which seems to consist of phrases like 'I just know how much to eat', 'I'm not going to go over protein, carbs, etc because that is available elsewhere' I also have a problem with his 'food' intake. While admittedly the point of Shawn's book is 'What I do to look like this' he makes no secret of relying HEAVILY on supplements and meal replacement drinks. While there is nothing illegal or immoral about this, it would be very expensive for a person of normal income to attempt to do this on a permanent basis. I'm a little suspicious about his information as well. While he (and his brother in the foreword) state that he keeps himself like this all year around, I have read other interviews with him where he talks about falling out of shape numerous times due to injury, lack of commitment, working/travelling too much,

etc. Indeed on a very recent mail out of his he talks about excessive travelling causing him to fall out of routine. Nothing to be ashamed of, its just that in this book he paints the picture that this never happens to him....

This is actually the second time purchasing this book! It worked so well that I gave it away. then years later, I missed it and wanted to be reminded of his techniques... So I bought it again!

I had the opportunity to meet Shawn and Bill and I must say they are the most sincere, committed people you could ever meet. They REALLY know how to develop a physique and Shawn's abs are arguable some of the best on the planet, so he's who I want to write about them. They are also not willing to dish out hype to make you feel good or just to sell you a gimmick, they tell it like it is - how it REALLY works. I value that immensely from both of them. They tell the truth and trust that it will bring them business, I give them my business and endorsement for that very reason.

Purchased this book out of curiosity years ago. While it wasn't a terrible read it could have been condensed to around 20 pages or so and got right to the point. It has tons of accurate information however there is so much fluff and filler to weed your way through. The fact that genetics are downplayed as much as they were is kind of silly as well.

The workouts are good and the information is very helpful, you'll be surprised that the simplest workout can leave you in such pain the next day, but what I like best is the positive message Shawn communicates. It's a You Can Do It book.

If you want to get a good burn in your abs, this is the book, Shawn also goes into the truth of having great abs....no BS no short cuts, just the truth. So if you can take it, then buy the book.....Its great reading

Love it, a great book and just as promised by seller!

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Series) The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The New Abs Diet:Â The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long The New Abs Diet Cookbook:Â Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Ultra HD Abs Workout: The Ultimate Guide to Getting Ultra-Abs The Skinny NUTRIBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Bull & Swan (Book 13) : The Ian and Justin Chronicles: Confessions and Absolution Absolution: Charlie Company, 3rd Battalion, 22nd Infantry Basics of R/C Model Aircraft Design: Practical Techniques for Building Better Models: Practical Techniques for Building Better Models The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Abs on the Ball: A Pilates Approach to Building Superb Abdominals Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) ABS! 50 of the Best core exercises to strengthen, tone, and flatten your belly. (Letsdoyoga.com Wellness Series)

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