



The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body

By Cameron Diaz

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The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body By Cameron Diaz

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a **#1 New York Times bestseller**.

Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection.

Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day.

The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

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Editorial Review

Review

“The book is fabulous. It’s really spectacular” (Dr. Oz)

“Knowledge is power, and that’s what this book is about.” (Robin Roberts, Good Morning America)

“This book road-mapped for me why I feel better today than I did when I was 20. And it explains to me the importance of strength inside and out.” (Rachael Ray)

“[THE BODY BOOK] is brimming with advice, tips and tricks and useful science that she’s learned along her wellness journey.” (SELF Magazine)

“...Diaz’s message is smart: Your body is the best instrument you’ll ever own.” (Daily Beast)

“Her manual reads a bit like a cross between a science textbook and articles from the Well section of the New York Times your mother sends you, with a dash of a best friend that likes to overshare.” (Jezebel)

“Unlike other celebrities who are out there promoting juicing, fitness or slapping their names on wellness books they didn’t write or could care less about - Cameron is the real deal.” (Access Hollywood)

From the Back Cover

The law of hunger, the science of strength, the power of knowledge and other ways to Love Your Amazing Body

About the Author

Cameron Diaz has been telling stories as a film actor for more than two decades. She is also the author of the #1 *New York Times* bestseller *The Body Book* and an excellent cook. She supports numerous causes that advocate environmental concerns, education, and the empowerment of women and girls. Cameron lives with her husband and assorted animals in Los Angeles.

Users Review

From reader reviews:

Yvonne Terrell:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the Mall. How about open or maybe read a book called The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body? Maybe it is being best activity for you. You know beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have additional opinion?

Caroline Gonzalez:

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Victoria Austin:

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Stephany Garcia:

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