



## 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:

#### Christopher Hannah:

In this 21st century, people become competitive in every single way. By being competitive currently, people have do something to make them survives, being in the middle of often the crowded place and notice through surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yes, by reading a book your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading a book, we give you that The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body book as beginning and daily reading e-book.

Why, because this book is more than just a book.

**Tammy Robinson:**

The knowledge that you get from The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body will be the more deep you excavating the information that hide within the words the more you get thinking about reading it. It does not mean that this book is hard to recognise but The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body giving you thrill feeling of reading. The article writer conveys their point in specific way that can be understood through anyone who read the item because the author of this book is well-known enough. This specific book also makes your own vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having that The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body instantly.

**Diane Sanchez:**

As we know that book is important thing to add our understanding for everything. By a publication we can know everything we want. A book is a set of written, printed, illustrated as well as blank sheet. Every year was exactly added. This book The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body was filled regarding science. Spend your extra time to add your knowledge about your science competence. Some people has different feel when they reading any book. If you know how big benefit of a book, you can really feel enjoy to read a e-book. In the modern era like currently, many ways to get book that you wanted.

**Edward Sullivan:**

As a student exactly feel bored in order to reading. If their teacher inquired them to go to the library in order to make summary for some guide, they are complained. Just small students that has reading's internal or real their hobby. They just do what the professor want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that studying is not important, boring as well as can't see colorful photos on there. Yeah, it is to become complicated. Book is very important for you. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore , this The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body can make you really feel more interested to read.

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