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# The Body Book: The Law Of Hunger, The Science Of Strength, And Other Ways To Love Your Amazing Body



## Synopsis

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide that is grounded in science and inspired by personal experience. 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, listeners 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.

## Book Information

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## Customer Reviews

*The Body Book* is not your typical celebrity vanity project, which is both its strength and its weakness. Cameron Diaz deserves a lot of credit for truly exploring the science behind food, hunger

and mental well-being. She breaks down medical jargon into clear, common terms and speaks to readers as though we're her old friends (get ready for HEAPS of caps). So why only three stars? As she says in her introduction, "It is not a diet book. It is not a workout regimen. It is not a manual to becoming a different person." There are few examples of how she applies the knowledge to her own life and no favorite fitness tips or delicious and nutritious recipes. This book is all about the science of the body and Diaz truly does "go there." She discusses the female form in detail, defines portions of the anatomy and also has diagrams that help illustrate her points. But that leads to another problem... this book isn't Kindle friendly. The charts and diagrams cannot be zoomed in on - at least on the Kindle Paperwhite - which often renders them completely useless because the text appears as teeny, tiny, completely illegible print. If you're an adult female who is even moderately healthy, gets some exercise, and knows that processed food is bad, I'd suggest avoiding this book. If you're trying to help a teen create or reinforce good habits, then it might be worthwhile. Diaz offers some decent, general, science-based advice and it could also be a good resource for girls who have questions about their bodies that they're too embarrassed to ask. Bottom line: not a bad book, but get the hard copy and give it to a teenager.

I enjoyed this book. I was pleasantly surprised by the wealth of information here. Helped me change my views on some old habits and gave a good kick in the pants to get moving. I would recommend.

A lot of people wrote 'pleasant surprise' in response, and I would agree. Diaz is a very affable person and it comes through in her writing. There were times early in reading the book that I thought 'oh right, you were born with a great body and great beauty, easy for you to say...' but she won me over. There are only a few photos of the author in the book, and that's a good thing, because it doesn't over-remind the good genes issue. What I did like is the laminated cover with so many different bodies represented. I wish that there were more of those throughout the book. There is a combination of old-fashioned advice as well as some very interesting things not often noted before (like why the human body is predisposed to favor sugar) and some sound explanation of how different parts of the body work, in technical terms. Some topics skipped over, such as the effects of smoking and alcohol (I believe the author used to be a smoker, don't know about now), as well as some other topics I was hoping to learn about, but perhaps those will be in her new book. There's some 'you can be just like me,' but overall it's recommended!

If you go to the "food and diet" section of any bookstore you will be inundated with the amount of

"best" diet and exercise books that exist. Or "5 minutes to getting the perfect body." Of course these titles are attention grabbers but after the first thrill of thinking these books just might change the physical body or make you extra skinny, that book gets put back on the bookshelf and old habits emerge. Cameron Diaz does a wonderful job at outlining the basics about what food is and how the body needs certain fuel to function properly! She takes the superficiality out of looking and feeling good and instead gives you scientific reasons to live a healthy lifestyle. The information she writes about is easy to understand, motivating, and not intimidating! If you want to learn more about WHY it is important to eat healthy (instead of just looking a certain way) then I highly suggest reading this book. Cameron puts a lot of factual information into perspective and motivates you to give your body what it actually needs to survive. For me, this book has given me motivation to eat well and exercise diligently more than any other diet plan or book I have tried before. Loved it!

She did a lot of research to create the book. She talked to an author of a book, Fat Chance, and she discusses what sugar does to the body. Sugar is not good, any forms of sugar. I read the book Fat Chance and it changed my life for the better. Good book and easy to read.

I loved this extremely well written, poignant, informative, sometimes humorous, very easy to follow, book: Cameron candidly shares her PERSONAL story on how she got on track when it comes to health & fitness, but she also discusses many basic facts about nutrition & the body that the average person may not be aware of & may find very fascinating to learn.

I love this book. Cameron is funny and relatable. The writing is professional and based in research. I am in my thirties and enjoyed the perspective on health and how to think about the female body. I would also recommend this book for any young woman who could use more information about her body and how to honor it by keeping it as healthy as possible. I can't say enough good things about this book. It's been on my coffee table for more than two years and it will stay!

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