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



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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 Bookdoes 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

I saw Rachel Ray when she was in town and she raved about this book, so I bought it. I was

pleasantly surprised to see some of the science. I would recommend it because even if there's only a few new things you learn, something might stick. I definitely changed some of my routines because of this book, and that was two years ago!

Disappointed... Kinda rambles and it doesn't hold my interest. Still haven't finished it and I've had it a while.

I really enjoyed the parts that applied to anybody. Only a little bit was just for the women. Cameron breaks down the facts in a way that I could get it with out feeling like she dumbed it down. The chapters were short enough to not loose my attention and filled with enough that I felt I got my moneys worth. It's broken into Nutrition, Exercise, and Mind. I really loved it. But you must be told that it's really writen for ladys. I'd give the book more stars but this is all has.

Extremely informative. I thought I knew what it would take to maintain my health, but this book clearly states otherwise. I have learned so much about how my body works and what I put in my body is important. She stresses how important is to move, always keep active. I have adapted some of her rituals...every morning drink a glass of water and keeping it moving. I've also learned to appreciate my body in a whole new way.

Was good enough that my mom stole it from me before I even finished the first chapter. She's enjoying it.

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.

This book, is amazing ! I actually bought this book for my mom who has diabetes, and the book does a great job at laying things out so you can easily understand ! At first it seems like a school textbook but the information inside is so insightful, helpful/useful ! I love it!!

Fast shipping the book is very interesting I'm not even finished and I'm already making good choices for the better it really opens your eyes

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