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

By Cameron Diaz,

Harperwave December 2013, 2013. Hardcover. Book Condition: New. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own admission, though, this fit, athletic star wasn't always as health-conscious as she is today. Her consumption of bad foods had an effect on her skin and her body. 'If you are what you eat,' she says, 'I was a bean burrito with extra cheese and extra sauce, no onions.' Learning about the inseparable link between nutrition and health was just one of the life-changing lessons that sparked Cameron's passion to explore the best ways to care for her body. In The Body Book, she shares the knowledge she's gained both from personal experience and from consulting with health experts. Beginning with nutrition, Cameron explains why instead of fearing hunger, women should embrace their body's instinct for fuel and satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of consistent physical activity. Many women think about exercise in terms of pounds lost or muscle tone gained, but don't realize that working up a sweat is also essential for improving mood, boosting energy levels, and preventing disease. Cameron offers tips for choosing the right...



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