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The Body Book The Law of Hunger the Science of Strength

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.

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The Body Book isn't a diet or exercise book. I was really surprised by this. There is a section on nutrition that does go over the basic vitamins and minerals, but beyond that, it's a general message to eat more fruits and vegetables.

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The Body Book Wikipedia

The Body Book: Feed, Move, Understand and Love Your Amazing Body is a 2013 health book co-written by Sandra Bark and actress Cameron Diaz. It was a New York Times Bestseller. Content. The book takes a scientific approach.

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