



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

*Cameron Díaz*

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

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

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

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# **From Reader Review The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body for online ebook**

## **Casey says**

I'm not sure what compelled me to pick this up. The book overall is rather casual and cheerleader-like. There's more fluff than substance.

Cameron gives a variety of advice that does seem like it comes from her own perspective. 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.

Instead of a real exercise plan, it's more about moving and trying to get in some sort of activity during the day in which your heart rate increases. I was disappointed because I would have loved some of Cameron's workouts.

There's not much I learned from reading this. I do have a science background, so I was often critical of the presentation, but I think the knowledge is rather up to date.

The information is very simplified, but I didn't find it to have a natural ease of explanation.

I think it was dumbed down too much, but I supposed it is a great book for someone who has absolutely no health knowledge.

There aren't many graphics, charts, or tables. In this way I can't really see it being a great reference tool.

Diaz apparently eats mainly eggs and lentils. She professed to never liking sweets. It's hard to identify with a celebrity who has access to healthy food and is independent - no kids or hubby holding her back. Diaz doesn't discuss any of her privilege. I don't know if it really bothered me or not. I guess I didn't care one way or the other.

However, Diaz doesn't pretend to be anything she's not. The tone of the book sounds like she is talking right to you; like you're in her circle of friends. I can appreciate that she isn't trying to come off as an expert.

Overall, more of a cheerleader-motivational book than an actual book on health. Oh yeah, it's really only for girls.

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## **Anne says**

This book was surprisingly well-written and informative. Cameron has a great writer's voice: confident, witty, and a little bit sassy. This book is part biology lesson (though related in a very engaging way), and part motivational speech on making healthy choices and focusing on your own individual strengths and talents in

life. I enjoyed reading it.

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### **Deirdre says**

It would be easy to dismiss this one as another fluffy celebrity diet book but it's much more than that, it's a level-headed book about knowing yourself, doing your best with what you have and eating, moving and thinking in ways that make you better at living. This is a sensible, smart book written as if Cameron is your big sister offering advice. Not preachy, just sensible. I would love this to get into the hands of many young women who are struggling with self-image. It doesn't say that this weight or that weight is right, but that there is an ideal weight where you can do things with yourself and feel good and that's where you need to aim.

Cameron Diaz admits to bad habits that she's working with changing, but that occasionally she does indulge herself but she knows that she can't do that all the time to herself and that we should follow suit. It's probably not for everyone but I found it had a lot of food for thought for me.

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### **Ang(ela) says**

Truly, I love this book. I began a journey of overhauling my nutrition and eating habits a few months ago, and have never felt better. This book really hammers home what I've learned just by doing, as well as opened my eyes as to what exactly has been changing in my body (and mind) for the better. I just started reading this book last night, and I'm already committed to making more positive changes from what I've read. I've recommended it to all my friends, I ordered a copy for my mother. I had originally gotten the Kindle version, but just 2 chapters in, I also ordered the physical book so that I can flag pages and highlight parts and mark it up so I can reference it again and again--and borrow it out. It's geared toward women, but I'll be having my boyfriend read it too; this is great information for anyone. Cameron's tone is very personable and it's a really easy read. She's clearly done her homework.

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### **Darth J says**

Here's the thing: this book is basically your Nutrition 101 book, but written in Cameron Diaz's voice. There's nothing especially new here and it does read like a text book. There's a lot of research that went into it, but peppered throughout are little jokes by Diaz.

Also, here is Cameron bouncing that booty:

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### **Meghan says**

The okayest of okay books.

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## **Dana Al-Basha ????? ?????? says**

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## **Cristalle says**

I'm very impressed with Cameron Diaz now. This book is a great tool for someone 30+ because that's when we really start to look at the overall health of our bodies. We always hear what we should be eating, but we're not always clear on why. The Body Book breaks complicated issues down to a level everyone can understand - and learn from. It's chock full of great tips for feeling and looking your best. Cameron's humor adds a nice layer to this insightful book.

Since I've read this book, I've started making some changes and I'm already feeling a difference in my body. My favorite tip from the book so far is drinking a liter of water first thing when I wake up. Cameron explained that as we sleep, obviously we lose water during all of our breathing during our 7-8 hour slumber. I feel so much more refreshed since I've been chugging my water in the morning. I know it sounds silly, but it's little things like this that can make a difference in the way we feel. I definitely recommend this book for anyone who is looking to improve their health - and just feel better all around.

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## **Denise Cameron says**

I think this would be an excellent book for someone who currently makes a lot of unhealthy choices and wants to turn their life around.

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## **Crystal Beaman says**

There is SOME good information in the book, like which carbs are good carbs, how habits are formed, why whole foods are good, and some basic biological facts. However, the tone of the book is completely inappropriate. If she wants her health advice to be taken seriously, she shouldn't refer to the occurrence of a menstrual cycle as "riding the crimson wave" and she shouldn't call pubes "a mysterious curtain". The book is also stuffed with ridiculous suggestions. For example, she recommends substituting an avocado sliced with tomatoes, lemon, and cilantro for POTATO CHIPS. Someone who wants a readily available, salty, crunchy snack isn't going to go for this. Try again. On top of all of this, she makes several wrong assumptions. If you take what she says at face value, housewives in the 50's were never fat (because they were lugging around heavy vacuum cleaners and such), going to the movies counts as physical activity (but going to the store to buy a movie apparently does not count), and you only learn math so that you can count money to buy food.

There are better choices for health books. If you want to read it because Cameron Diaz wrote it, it's still not worth it. She had a ghost writer and there are only a handful of pictures of Cameron in the book.

"Just because you can put something in your mouth, chew it, swallow it, and then poop it out doesn't mean it's food. It just means you can chew it, swallow it, and poop it out!" This is the kind of advice you're going to get from this book. Seriously.

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### **Library\_boyfriend says**

I chose to read this because, well, it was Cameron Diaz. Cameron Diaz. Cameron Diaz wrote a book??? Miss bubbly, sassy, free spirit wrote a book? And it wasn't a memoir about her claim to fame. It was a health book. Well, her body IS rocking it in her forties.

I was pleasantly surprised. Although, it was probably co-written (ghost written), they did a nice job of giving it the bubbly, sassy, free spirit voice of Cameron. There was a lot of science talk, and you know, it was broken down so nicely that it was actually helpful! Was there anything in this book that was ground breaking or new? No, but it was done in a simple, informative, non-diet, non-preachy way.

Basically, with a little science, a little sweat, and little self-love, you can be the best you that you can be, whatever that may be to you personally.

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### **Erika B. (SOS BOOKS) says**

I will have it known that I'm not giving this book two stars because I think it is a bad book. I actually truly enjoyed some parts. These books always just tend to make me feel bad because I've never eaten kale for lunch. I've never worried about the amount of fish I eat in a week (ewww fish). I haven't ever made my own non fat salad dressing or peanut butter. Nor can I afford to shop at whole foods to do so. These facts always make me feel like I have to step away from the book with a tinge of sadness. This step back usually ends up with me stepping into the kitchen and opening a bag of oreos. Sigh...healthy eating books.

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### **Nikki says**

Well curiosity got the best of me when it came to The Body Book. While perusing a local library ebook selection I saw this was available and was wondering what the hell Cameron Diaz could possibly have to say about our bodies. I figured it was another celebrity diet etc. book but the sub-title made me wonder. While I appreciate Cameron Diaz as an actress, I do feel as though this book was rather pointless. It is one big pep talk for people to take better care of their bodies. For one, I don't like pep talks and two, I'm a health-conscious vegan with a biology degree--not exactly her target audience. I would like to say that Diaz differentiates herself from other books out there but honestly her voice was not unique in the health world and aside from the brief mentions of her time on sets and such you would have no idea this was even written by Diaz specifically.

Overall this book is geared towards the scientifically illiterate and unhealthy people--lucky for Diaz that is the majority of the American population. So I do think that she could have success, but I don't think she includes anything that you could not find by doing a little research yourself. Google, people, GOOGLE. It really is extremely easy to find all of the information included in this book, diagrams and healthy food lists and all. This really is a layman approach to the science of the body and maybe it will educate people who

would otherwise never know what a cell is (the number of people highlighting this definition on the kindle version is enough to make me cry) or would perhaps think logically about eating (funny how fast food isn't great for your body).

Overall Diaz compiled Google searches that you could do on your own and helped educate the population about the body. I commend her for that but there is nothing new here, at least not for me. If you are a Diaz fan, scientifically illiterate or seriously need a pep talk, then this book may be for you.

As a side note: Not all of the healthy suggestions in the book are actually terribly healthy, some of which may be a matter of opinion (I of course would never recommend chicken as a healthy part of your diet--even minus the animal rights issues--as soon as you slap that dead muscle on flame you are creating carcinogens. Enjoy.). But one that irked me was Diaz suggesting chugging a huge amount of water upon waking. You shouldn't chug water, it does little for the body--you mostly just pee it out without gaining benefits or detoxing the body. But if you're going to chug anything, water would be the best.

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### **Joanna says**

I absolutely loved this book. I am not a healthy person by any means and as a person who is overweight and suffers from diabetes I was recently brought back to the reality that I need to take better care of my body. My diabetes was insanely out of control and my body was all out of whack! My sister is a great source of inspiration when it comes to being active and always trying to be healthier and she turned me on to this book and I couldn't be more grateful. Along with my sister, whom inspires me by example to be healthier every day, this book also awoke something in me. The answers were so obvious and simple but it took reading this book to realize that it's ok to not be perfect when trying to become a more self aware and healthy person. It's ok to go at my own pace and even to make mistakes along the way as long as I continue to move forward and not let any set backs bring me down. I began incorporating some sort of physical activity every day, whether it's walking/dancing/ or doing Richard Simmon's workout videos on YouTube (don't judge, he's a very positive person) but I've stuck to it. I've been learning to make better choices when it comes to my nutrition and my diabetes is finally under control. This book is definitely a great read...although the answers seem so simple and obvious Cameron did a wonderful job of breaking down topics in a simple to understand language. Cameron said it best, "The responsibility to be healthy is in your hands-no one else is going to do it for you."----So here I go, ready to take on this new chapter of my healthier life with the tools she laid down in these pages.

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### **Michelle Only Wants to Read says**

I have enjoyed this book very much, and I know I will go back to it as reference as I get started into a healthier lifestyle.

As Cameron states early in the book, it is not a diet book, nor she claims to know it all. It's also not a portfolio of her photos. There may be around 12 photos of her altogether, including the cover and back. This is an informative book looking at a woman's body and mind in a holistic way. It is based on factual information and simplified with humor for simpletons like myself. I loved her casual tone throughout the



chapters. I read this is something it has bothered other reviewers. Personally, I loved it. I felt as I was sharing information with a friend who knew more about the subject than I did. She provides further reading recommendations, and a reference list where one can look further for more "academic" information on different subjects. It's a book about loving yourself and taking care of the body you got.

I think it's a positive book to encourage us, women, to understand our bodies better, to love ourselves, to enrich our lives, to see life in a better and happier manner without imposing some crazy Hollyweird ideas. Of course, she will talk about the non-GMO, the organic choices an all that. Well, some of those things are easier to access for some, and for others, the choices may be too expensive or not easy to find. Still, knowing what we're putting inside of us matters. Even if we can't all shop at Whole Foods, or whatnot, we can be more educated in knowing what options our budget allows us to select, and knowing there are healthier choices for us.

I'm looking forward to her upcoming book "The Longevity Book: The Biology of Resilience, the Privilege of Time, and the New Science of Aging." Cameron Diaz is one of the few women in the spotlight who has chosen to age gracefully, and she seems down to Earth. As I reach myself the time to start making some choices on how to care for a maturing body, I can use a few tips here and there.

Overall, money well spent.

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