The Body Book

by Claire Rayner

The Body Book - Home Facebook Dec 29, 2015. The Paperback of the The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body by Cameron Diaz is published Jan 2014. The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body by Cameron Diaz is an essential guide for anyone looking to improve their health and fitness. The book covers a range of topics, from nutrition and exercise to mental health and self-care. It is written in an accessible and engaging style, making it easy to understand and follow. The Body Book is ideal for anyone looking to improve their health and fitness, whether they are starting from scratch or looking to take their current habits to the next level.