



# **The Body Book by Cameron Diaz - A 30-minute Summary: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body**

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**PLEASE NOTE: This is a *summary* of the book and NOT the original book.**

**The Body Book by Cameron Diaz - A 30-minute Summary**

## **Inside this Instaread Summary:**

- Overview of the entire book
- Introduction to the important people in the book
- Summary and analysis of all the chapters in the book
- Key Takeaways of the book
- A Reader's Perspective

## **Preview of this summary:**

### **Introduction**

Fitness, nutrition, awareness, and discipline are not just words, but tools. The human body is an amazing machine. A woman's body is a culmination of everything she has ever eaten and all of the physical activity she has ever done. Women are constantly being pressured about how they look. This book was written to help women everywhere understand their bodies and what they are capable of, instead of absorbing the misinformation that surrounds them. Finally, Diaz wants readers to know how amazing it feels to nourish their bodies with nutritious foods and to keep the body moving. She has consulted with nutritional and medical experts as well as experts in science and psychology to gather the important information in this book.

### **Chapter 1**

The nutrients in the food one consumes guides how cells develop, grow, and thrive. Human cells are living structures made of fat and protein, and they use oxygen to change nutrients from what one eats into energy. This is why it is so important to treat one's cells well by consuming the most nutritious foods possible. Nutrition is worth one's time and attention because good nutrition fills the body with energy. To be healthy is to have a body that is working at its full potential and a mind that is clear, happy, and productive...

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