



Ama tu cuerpo (Spanish Edition)

Cameron Díaz

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¿Quieres lucir como Cameron Diaz? Conoce la fórmula de esta atractiva estrella para ser más feliz, sana y fuerte.

A lo largo de su carrera, Cameron Díaz ha sido un modelo a seguir para millones de mujeres. Pero esta delgada, glamorosa y centrada estrella no siempre fue consciente de su salud. Aprender sobre el vínculo inseparable entre la nutrición y el cuerpo fue sólo una de las lecciones de vida que han llevado a Cameron a educarse sobre las mejores maneras de alimentarse, moverse y cuidar su cuerpo.

En *Ama tu cuerpo*, comparte lo que ha aprendido acerca de la nutrición, el ejercicio y la conexión mente-cuerpo. Fundamentado científicamente y comprobado en la vida real, *Ama tu cuerpo* ofrece una visión integral del cuerpo humano y la mente. Desde la desmitificación de las creencias alrededor de los grupos alimenticios hasta la explicación nutricional de las vitaminas y minerales, los lectores descubrirán por qué es tan importante desarrollar el instinto del hambre y satisfacerlo con alimentos ricos en nutrientes.

Cameron también explica el papel esencial del movimiento, la importancia de la fuerza muscular y ósea y por qué tenemos que sudar un poco cada día. Este libro no establece metas a alcanzar en siete días o treinta días o un año. Ofrece un enfoque holístico a largo plazo para la toma de decisiones coherentes que te permitirán llegar a la meta final: una vida larga, feliz, fuerte y saludable.

English description

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

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Eleanor Gomez:

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Maria Smith:

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Wendell Nadeau:

On this era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. On the list of books in the top record in your reading list will be Ama tu cuerpo (Spanish Edition). This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking up and review this reserve you can get many advantages.

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