



The Body Book: Entdecke die Intelligenz deines Körpers (German Edition)

Cameron Diaz

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Das persönliche Frauengesundheitsbuch der beliebten Hollywood-Schauspielerin.

Eine vitale und schöne Ausstrahlung kommt immer von innen, sagt Cameron Diaz. Hier erzählt sie authentisch ihre eigene Geschichte, wie sie nach vielen Jahren als Fastfood-Junkie endlich begann, sich intensiv mit Gesundheitsthemen zu beschäftigen. Neben jeder Menge biologischem, medizinischem Expertenwissen erfährt man in diesem Buch alles über die wichtigsten Nährstoffe, Powerfood, Verdauung, Schlaf, ausgewogene Bewegung, die Lebensphasen der Frau oder achtsames Essen. Es ist Cameron Diaz' persönlicher Aufruf zu einem liebevollen Umgang mit dem eigenen Körper, denn nur durch bewusste Ernährung und Freude an Bewegung wird man langfristig gesund und glücklich sein.

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