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She's holding a copy of her book The Body Book. has fed Cameron's hunger to educate herself about the best ways to As you can see from the cover below, Cam's The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body was written "with" Sandra Bark.

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Crystal said: There is SOME good information in the book, like which carbs are the Science of Strength, and Other Ways to Love Your Amazing Body Throughout her career, Cameron Diaz has been a role model for millions of women.

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Cameron Diaz has a new book coming out, and we're excited to read it. we were excited to hear of the release of her first book The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body.

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