



Le body book: Connaître son corps pour s'assumer et s'affirmer (Poche-Santé) (French Edition)

Cameron Diaz

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**Plus que des conseils, Cameron Diaz partage son credo :
connaître la vérité sur son corps nous donne un vrai pouvoir sur nos vies.**

Avec cet ouvrage, vous pourrez :

- vous initier à la nutrition et apprendre à vous nourrir de choses délicieuses et saines ;
- en apprendre plus sur le fitness et l'énergie de votre corps ;
- être à l'écoute de votre mental, pour mieux vous connaître et trouver votre discipline intérieure.

Parce que nutrition, forme, et conscience de soi ne sont pas seulement des mots?: ce sont des outils.

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