The Body Book

by Claire Rayner

The Body Book: Feed, Move, Understand and Love Your Amazing Body is a 2013 health book co-written by Sandra Bark and actress Cameron Diaz. It was a New York Times Bestseller. The book takes a scientific approach. It cites articles from the following peer-reviewed academic journals: the American Journal of Preventive Medicine, JAMA: The Journal of the American Medical Association, Archives of Internal Medicine, Medicine & Science in Sports & Exercise, The Lancet, Sleep, Diabetes Care, Diabetes Research