

## [THE BODY CAMERON DIAZ](#)



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### **Cameron Diaz Wikipedia**

Diaz is the author of two health books: The Body Book (2013), a New York Times bestseller, and The Longevity Book (2016).

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### **THE BODY BOOK CAMERON DIAZ REVIEW**

Cameron doesn't offer a one-size-fits-all program or set goals to reach in seven days or thirty days or a year; instead, The Body Book offers a long-term approach to a long, strong, healthy life.

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