

1. Record Nr.	UNINA9910647797203321
Titolo	Metal music studies
Pubbl/distr/stampa	Bristol : , : Intellect Ltd, , 2014-
ISSN	2052-4005
Descrizione fisica	1 online resource
Disciplina	781.6605
Soggetti	Heavy metal (Music) - Study and teaching Heavy metal (Music) - Research Heavy metal (Musique) - Étude et enseignement Heavy metal (Musique) - Recherche Periodicals.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed
Nota di bibliografia	Includes bibliographical references.

2. Record Nr.	UNINA9910148899603321
Autore	Diaz Cameron <1972->
Titolo	Body Book
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-757848-2
Descrizione fisica	: ill
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide that is grounded in science and inspired by personal experience. Cameron Diaz has been a role model for millions of women all over the world throughout her career. But, as she'd be the first to admit, she hasn't always been as health-conscious as she is now. As a young woman, Cameron didn't always think about how the decisions she was making about her diet and lifestyle would impact her health for years to come. But over the past fifteen years, she has discovered that what she eats is inseparably linked to how she feels and looks. That knowledge - that nutrition impacts life - fuelled her hunger to educate herself about the best ways to feed, move, and care for her body. In <i>The Body Book</i>, Cameron shares what she's learned and offers a comprehensive guide for women to look and feel their best. 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, <i>The Body Book</i> offers a long-term approach to a long, strong, healthy life. Informed by experts and grounded in science, but brought to life by Cameron's passion and personal experiences, <i>The Body Book</i> is an empowering, educational, and inspiring handbook for women everywhere.</p>