what's NOW!

BOOK CLUB Buddies

Drew Barrymore and Cameron Diaz have been supertight since their teens, and now they have another thing in common: They have both written books on their favorite subjects.



Photographs Barrymore

Barrymore spied and snapped hearts everywhere: on a skirt, in litter, and beyond.



FIND IT IN EVERYTHING BY DREW BARRYMORE

WHAT IT'S

ABOUT

Her mission? Share everything she knows about achieving optimal physical health. "This isn't a diet book; it reveals how your body works," says Diaz.

BY CAMERON DIAZ

Drawing from an archive of about 25,000 photos, the actress found hearts in unexpected places. "I love things that lack negativity," she says.

> DOG-EAR AND SHARE

> > BFF

STAMP OF

APPROVAL

The nutrition facts. "When women are not knowledgeable about what they eat, the body they have is not really, truly theirs," Diaz says.

The image of a heart-shaped straw wrapper discarded on the sidewalk. "It says, 'What could be trash becomes hope," says Barrymore.

> "Cameron was born with genetic gifts, but she is never lazy about bettering herself," says her pal. "Not for vanity, but for mental health."

"This book is so symbolic of Drew," says Diaz. "She finds love in everything. She doesn't wear her heart on her sleeve; she is one big heart!"

The Body Book, HarperWave, \$26; available on December 31 at barnesandnoble.com.

Find It in Everything, Little, Brown and Company, \$18; available in January at amazon.com.

-MEGAN DEEM

Nominathon [NAHM-uh-nuh-thahn] noun: The annual crunch to see all the films nominated before awards shows air. ["Bring on the jumbo popcorn! For this weekend's nominathon, we're doing a triple-header of best-actress flicks at the movie theater."]

