



# Eat Move Sleep: How Small Choices Lead to Big Changes

By Tom Rath



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**Eat Move Sleep: How Small Choices Lead to Big Changes** By Tom Rath



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The latest *New York Times* bestseller from Tom Rath, featuring a new assessment, personalized Eat Move Sleep Plan, and a host of online tools for individuals, groups, and organizations.

- **Apple iTunes Best Books of 2013 in Nonfiction and Health**
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**"Well written and scrupulously researched, this breezy guide lobbies for an all-encompassing approach to improving one's lifestyle...Rath's '30-Day Guide'...is clear and actionable." -Kirkus review**

From the author of *StrengthsFinder 2.0*, *How Full Is Your Bucket?*, *Strengths Based Leadership*, and *Wellbeing* comes a transformative book and online application that will improve your health for years to come. While Tom's bestsellers on strengths and well-being have inspired more than 5 million people in the last decade, *Eat Move Sleep* reveals his greatest passion and expertise. Quietly managing a serious illness for more than 20 years, Tom has assembled a wide range of information on the impact of eating, moving, and sleeping. Written in his classic conversational style, *Eat Move Sleep* features the most proven and practical ideas from his research. This remarkably quick read offers advice that is comprehensive yet simple and often counterintuitive but always credible. *Eat Move Sleep* will help you make good decisions automatic -- in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years. **More than a book, *Eat Move Sleep* is a new way to live.**



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## **Eat Move Sleep: How Small Choices Lead to Big Changes By Tom Rath Bibliography**

- Sales Rank: #65752 in eBooks
- Published on: 2013-10-08
- Released on: 2013-10-08
- Format: Kindle eBook

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### Editorial Review

From [Booklist](#)

Since best-selling motivational author Rath was diagnosed at 16 with a rare disease, he has lived with the threat of tumors. He learned how everyday decisions affected the length and quality of his life and shares the results of his voracious reading and research. His essential prescription for a longer and healthier life is, eat right, move more, sleep better. Each chapter focuses on three findings and ideas concerning those three basic ingredients of a good day. Among his observations: every bite of food or sip of a drink is a net gain or loss to health; excessive sitting promotes weight gain and contributes to diseases from diabetes to cancer; more and restful sleep, in concert with better eating habits and exercise, promises health and longevity. He counsels against diet and exercise crazes and the American myth that ties productivity to little sleep. Known for his work on enhancing potential in organizations, Rath has turned his talent to how the little decisions about mundane things, from what you eat to how you sleep, can have a significant impact on your life. --Vanessa Bush

### Review

"..prolific business author Rath..offers practical tips to make long-lasting behavior changes..an easy, persuasive read.."

**-PUBLISHERS WEEKLY**

"For managers to be successful, this book on eating, moving, and sleeping is essential."

**-THE GLOBE AND MAIL'S TOP BUSINESS BOOKS OF 2013**

"*Eat Move Sleep* will change your life. It might also save it."

**-SIR KEN ROBINSON**, bestselling author of *The Element*

"One of the most successful nonfiction writers of his generation, Tom Rath has produced a blockbuster book that offers readers deep insights alongside specific actions."

**-DANIEL H. PINK**, bestselling author of *Drive*

"*Eat Move Sleep* will be a big help to me and my patients."

**-GORDY KLATT, M.D.**, founder of the American Cancer Society Relay for Life

### Q&A with Tom Rath

**Q: Why do you describe Eat Move Sleep as a "project"?**

A. This book is just one part of my overall mission. We also put a lot of time into the website, personalized 30 day plan, reference explorer, and guides for people to use in groups. Our goal is simply to get people talking about how we can all have better days and live longer as a result.

**Q: What is the most important thing you learned from this research?**

A. The fact these three elements - eating, moving, and sleeping - build on one another. As a result, working on *all three at once* is even easier than focusing on one area in isolation. I structured the book to help people work on these elements in combination.

**Q: What was your greatest challenge in working on this book?**

A. My biggest challenge was narrowing down to the most practical findings, given the wealth of good science. Even though some of the findings may seem like common sense, the key is connecting short-term incentives with what's best for your long-term health.

From the Author

"Tom Rath has developed multiple creative strategies for a lifestyle of enduring health."

**-CALDWELL B. ESSELSTYN, JR., M.D.**, author of *Prevent and Reverse Heart Disease*

"Rath's new book invaluable delivers."

**-BRIAN WANSINK, Ph.D.**, author of *Mindless Eating*

"Tom Rath knows this topic inside out and is sharing his best research-driven tips and proven ideas in a relaxed, relatable, and easy-to-digest format."

**-KEN BLANCHARD, Ph.D.**, coauthor of *The One Minute Manager*

## **Users Review**

### **From reader reviews:**

#### **Travis Ralls:**

The particular book Eat Move Sleep: How Small Choices Lead to Big Changes will bring one to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. In case you try to find new book to study, this book very acceptable to you. The book Eat Move Sleep: How Small Choices Lead to Big Changes is much recommended to you to study. You can also get the e-book from the official web site, so you can more easily to read the book.

#### **Joseph Lewis:**

The publication untitled Eat Move Sleep: How Small Choices Lead to Big Changes is the reserve that recommended to you to learn. You can see the quality of the e-book content that will be shown to an individual. The language that writer use to explained their ideas are easily to understand. The author was did a lot of exploration when write the book, hence the information that they share to you is absolutely accurate. You also will get the e-book of Eat Move Sleep: How Small Choices Lead to Big Changes from the publisher to make you more enjoy free time.

#### **David Gonzales:**

Do you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Aim to pick one book that you find out the inside because don't ascertain book by its include may doesn't work is difficult job because you are frightened that the inside maybe not while fantastic as in the outside appearance likes. Maybe you answer may be Eat Move Sleep: How Small Choices Lead to Big Changes why because the excellent cover that make you consider about the content will not disappoint anyone. The inside or content is definitely fantastic as the outside or cover. Your reading sixth sense will directly make suggestions to pick up this book.

**Leroy Barker:**

Many people spending their moment by playing outside along with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by looking at a book. Ugh, you think reading a book can actually hard because you have to take the book everywhere? It alright you can have the e-book, taking everywhere you want in your Cell phone. Like Eat Move Sleep: How Small Choices Lead to Big Changes which is finding the e-book version. So , why not try out this book? Let's see.

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