



Eat Move Sleep: How Small Choices Lead to Big Changes

Tom Rath

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New for 2015: Updated edition, companion children's book available, new Welbe mobile app to track how you eat, move, and sleep in one central place.

"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*

***Eat Move Sleep* is 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. While Tom's bestsellers on strengths and well-being have inspired more than 6 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.

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