



Eat Move Sleep: How Small Choices Lead to Big Changes

Tom Rath

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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 #1 *New York Times* bestselling author of *StrengthsFinder 2.0*, *How Full Is Your Bucket?*, *Strengths Based Leadership*, and *Wellbeing* comes an audiobook 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 remarkable audiobook 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 an audiobook, *Eat Move Sleep* is a new way to live.

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