

MOVE EAT SLEEP



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Eat Move Sleep is one of six bestsellers 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.

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Eat Move Sleep Summary Four Minute Books

1-Sentence-Summary: Eat, Move, Sleep shows you that living a long and healthy life is not the result of massive lifestyle changes, but of lots of small habits, which improve the way you sleep, eat and exercise and, if combined, add a whole lot to your health.

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About the book Eat Move Sleep by Tom Rath

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 Sleep Move performancecourse.com

By offering opportunities to exercise and move during these critical periods of childhood development, children will be positively impacted while promoting a healthy and productive lifestyle for years to come. Make it a priority for your kids to eat, sleep and move daily.

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