

CONTINUE ►

"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 NEW YORK TIMES BESTSELLER From the author of StrengthsFinder 2.0, How Full Is Your Bucket?, Strengths Based Leadership, and Wellbeing comes a beautifully produced audiobook and accompanying 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 and narrated by Tom Rath in his classic conversational style, Eat Move Sleep features the most proven and practical ideas from his research. 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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