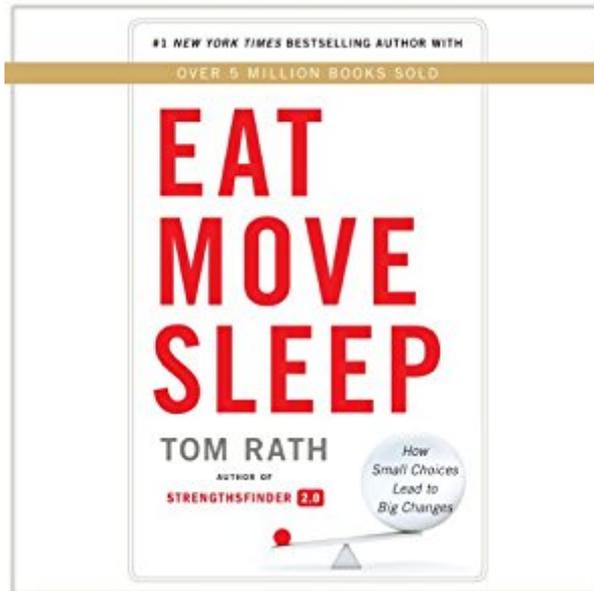


The book was found

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



## Synopsis

"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.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 36 minutes

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## Customer Reviews

Don't we all know by now that we should eat right, move more, and sleep better? Eat, Move, Sleep by Tom Rath supplies 100 or so tips on how to go about doing what we know we should do. In 30 short chapters, Rath covers a wide range of information concerning diet, exercise, and sleep. I like that he cautions people that all three facets work in unison, and to ignore one facet affects the other

two. Just as the saying goes, exercise cannot compensate for a poor diet. Combating our sedentary lives is truly important. His advice about increasing protein while decreasing carbs and about the dangers of bread is spot on with updated dietary recommendations. There are some great health tips in the book as well as some not so great. Selected statements are debatable. For example, modern nutritional advice is shifting away from the dangers of fat and focusing more on the dangers of carbohydrates. Cholesterol is also not the hot topic it once was. Try *The Great Cholesterol Myth* or *The Great Cholesterol Con* for more information. Research showing the dangers of coffee and caffeine are just as prevalent as the research showing the benefits of coffee. The research showing the link between processed meat and pancreatic cancer is iffy. Rath makes an error in his statements in a few places such as his breakdown of the nutrients in a granola bar on pages 62-63, in which he writes, "Even the organic granola bars we had at home contained 30g of sugar, 23g of carbs, and mere 3g of protein." That cannot be correct. Sugar is carbs; thus, the number of carbs is always at least equal to the sugar grams, usually higher. Overall, the book is worth the read, especially for those not aware of how to eat, move, or sleep well.

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