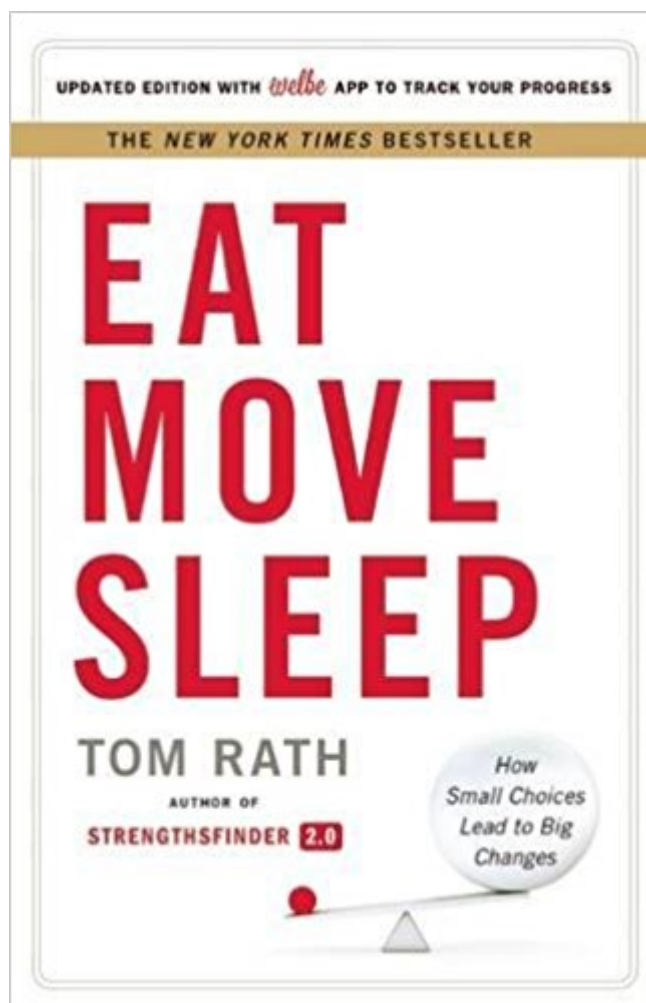


The book was found

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



## Synopsis

New in 2016: A feature-length documentary (Fully Charged) and children's book (The Rechargeables) based on the New York Times bestseller Eat Move Sleep. "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 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. 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.

## Book Information

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## Customer Reviews

Since best-selling motivational author Rath was diagnosed at 16 with a rare disease, he has lived with the threat of tumors. He learned how everyday decisions affected the length and quality of his life and shares the results of his voracious reading and research. His essential prescription for a longer and healthier life is, eat right, move more, sleep better. Each chapter focuses on three findings and ideas concerning those three basic ingredients of a good day. Among his observations: every bite of food or sip of a drink is a net gain or loss to health; excessive sitting promotes weight gain and contributes to diseases from diabetes to cancer; more and restful sleep, in concert with better eating habits and exercise, promises health and longevity. He counsels against diet and

exercise crazes and the American myth that ties productivity to little sleep. Known for his work on enhancing potential in organizations, Rath has turned his talent to how the little decisions about mundane things, from what you eat to how you sleep, can have a significant impact on your life.

--Vanessa Bush

"For managers to be successful, this book on eating, moving, and sleeping is essential."-THE GLOBE AND MAIL'S TOP BUSINESS BOOKS OF 2013 "...prolific business author Rath..offers practical tips to make long-lasting behavior changes..his willingness to share his personal struggles makes this an easy, persuasive read.." -PUBLISHERS WEEKLY "A passionate and practical guide to how to live better and longer. Eat Move Sleep will change your life. It might also save it."-SIR KEN ROBINSON, bestselling author of The Element"One of the most successful nonfiction writers of his generation, Tom Rath has produced a blockbuster book that offers readers deep insights alongside specific actions. Eat Move Sleep is a transformative work."-DANIEL H. PINK, bestselling author of Drive and To Sell Is Human"Rath's new book invaluable delivers."-BRIAN WANSINK, Ph.D., author of Mindless Eating"Tom Rath lays out ways of changing our eating, exercise, and sleeping habits that are easy to do at our own pace. Eat Move Sleep will be a big help to me and my patients."-GORDY KLATT, M.D., founder of the American Cancer Society Relay for Life"Tom Rath's next project [Eat Move Sleep] may be his most important yet...Fortune 500 leaders look to him as one of the greatest thinkers of his generation."-WASHINGTONIAN magazine"Tom Rath has developed multiple creative strategies for a lifestyle of enduring health."-CALDWELL B. ESSELSTYN, JR., M.D., author of Prevent and Reverse Heart Disease"A wonderful book you can't stop reading. Your health I.Q. will never be the same."-PATRICK LENCIONI, bestselling author of The Five Dysfunctions of a Team"A road map for leading a long and meaningful life. Every human being should have this book right next to the Bible on their nightstand."-VAL J. HALAMANDARIS, President, National Association for Homecare and Hospice"Tom Rath knows this topic inside out and is sharing his best research-driven tips and proven ideas in a relaxed, relatable, and easy-to-digest format."-KEN BLANCHARD, Ph.D., coauthor of The One Minute Manager"Tom Rath has successfully written the operating code for human health. Reading Eat Move Sleep should be as mandatory as health insurance."-SHAWN ACHOR, bestselling author of The Happiness Advantage and Before Happiness"Eat Move Sleep never lets the reader off the hook. All 76 million of us Baby Boomers should take heed."-MERYL COMER, President, Geoffrey Beene Foundation, Alzheimer's Initiative"Backed by science and filled with heart, Eat Move Sleep is the best self-improvement book I've ever read."-ORI BRAFMAN, bestselling author of Sway and The Starfish

and the Spider" Eat Move Sleep is simply a must-read. As a physician, I cannot begin to explain how vital this book is for improving human health and well-being."-JASON POWERS, M.D., Chief Medical Officer, Right Step" Breakthrough insights about your ultimate strength: your health. I learned surprising health secrets from Tom's life long research..read Eat Move Sleep, you will be stronger and live longer."-GREG LINK, co-founder FranklinCovey and co-author of Smart Trust" Being healthy begins by reading this life-changing book."-ANITA BRUZZESE, author and USA Today columnist

I remember hearing an NPR report one day that your morning workout was almost totally diminished by the fact that you (me) sit all day long. I remember kind of panicking about that and I thought of it often. And then I read this book and that is one of the central points - YOU ARE MEANT TO MOVE. One of the gigantic take-aways I got from this is that I NEED a desk around my treadmill. The author, Tom Rath, deals with a very rare genetic condition and he utilizes many basic "tricks" to engineer his environment - walking at 1.5 mph all day long is one of them. Okay, so I thought HOW do you read and walk on a treadmill?? Well, at 1.5 and even up to about 2 mph I can do that! Who knew!! Another fast take away I got from the book was the 20/2 rule. Again, deals with sitting at a corporate desk all day long - so if this does not apply to you - you're a bit luckier. Set a timer for 20 minutes and get up for 2 minutes. I modified this - 30/3. And let me tell you - the difference is thousands of steps (I wear a fitbit) a day. It is unbelievable. Now I am going to disclose entirely TMI - there have been days where I have sat soooo long in front of my monitors my butt goes numb and then hurts!! NO MORE! Now knowing exactly what damage I am doing by allowing myself to do this, all in the name of working ushered a change in my behavior - SO SIMPLE TO DO! I am up and walking a lap or two around my floor every 30 minutes. Okay, this is getting way too long - and you have to read the book because there is so much to apply - but Tom hammers on the importance of sleep - again - GUILTY - I regularly go 6 hours sometimes 3 hours (tracking everything with fitbit) - and you need 8++ hours to get the body repairing itself. That is going to be my new goal to work on. One fast read - TONS to apply - you will not be disappointed with this book. It is so darn practical and doable. Get it today, apply it tomorrow.

I know, I know, everybody loves this book. Well, me too. It's full of small or sometimes not too small changes you can make to improve your life. Some would be difficult, but some are super-simple. Rath has done a ton of research, but keeps his references to a minimum. It's a do-it-yourself plan, not something laid out on a grid, do this at 10 o'clock, do that at 1. You just choose things that you

can do, and if you can't, that's OK, try something else. As long as you are trying something to improve, that's better than nothing. Some of the research he cites is surprising, but it's also interesting. Some of it seems to contradict other studies on the same subject, but it's like one doctor says one thing, and the other one says something else. You get to be your own authority. It is also fun to read.

Diabetes, Heart Disease and Cancer, the 3 big killers today. If only we could understand the cause of these giants. We can. In fact there is a huge lack of knowledge about these killers and their causes. There is also a huge amount of deception around our lifestyles. In this book much of the deception we have been fed by food companies and advertiser's is exposed. For instance when I was a child growing up there were a number of ad campaigns promoting sugar as being healthy and good for you. I still remember the TV ad jingle, "Sugar gives you energy". As a result I spent most of my life thinking fat was bad and sugar was good. However, in this honest and easy to read book, the truth about what we eat, how we sleep (or don't), and how active we are is revealed. Much of what Tom writes about comes out of 20 years of research as well as his own struggle against a rare disease. I highly recommend this book which has helped me change my lifestyle for the better.

Thank you for the opportunity to preview this book. I found it had some great suggestions that could easily be incorporated into my daily routine. I am already using the Net Gain/Net Loss question for every food/beverage choice. What a great suggestion. In addition, I've nicknamed my favourite late night snack 'hippy chippies' as that's where they will end up if I eat them. Of course, not having them in the house is key. I didn't realize the importance of sleep and its effect on weight gain. Tom Rath really drives this message home. I have begun to remove myself from electronics 1 hour before bed and create a calmer/darker environment. My sleep quality has definitely improved and my energy levels have increased. A small choice, with a big change. I was concerned that the book was a little too light on research, however, I was delighted to see the references at the end of the book that added the credibility it needed. I checked out the website and love the landing page. I will do the 30 day challenge and use the discussion guide with colleagues. Thanks again, and all the best with the launch. I will recommend Eat Move Sleep to my clients family and friends.

I enjoyed the book. It presented necessary facts in a manner that was not preachy. I thought examples provided were given from personal accounts...not hearsay. The book is believable and filled with new perspectives, and some things that we've heard before. The book encourages the

reader to apply the info to their current human condition as a means of improving their life.

I didn't realize how much Tom Rath would resonate with me. Eat Move Sleep is eye opening and so very relevant to today's world. So many of us are busy for the sake of being busy...Tom would suggest that to be healthy we take a completely different tact. The book is not laden with scientific jargon in fact it is a book that is easy to read and move through. I think everyone needs to read this...we can all get something out of it.

Easy to read with some good guidance on improved well being. I was familiar with most of the material but it was well written and there were enough new insights to merit the purchase.

I read a lot of books on improving my health. Like the author I am in a life-long battle with cancer, so I am always on the lookout for new information. Although most of the information I had read before, it was the practical action steps that puts this book over the top. My friends and family always want to know what to read to better their health - this is my new favorite recommendation!

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