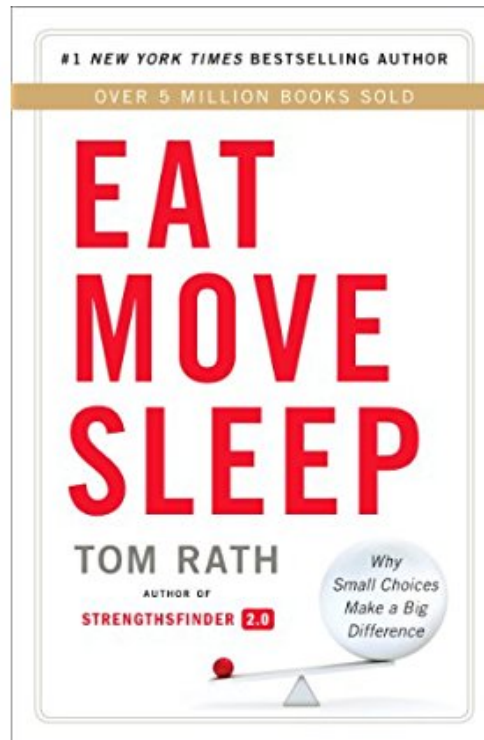


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Synopsis :

The latest New York Times bestseller from Tom Rath, featuring a new assessment, personalized Eat Move Sleep Plan, and a host of online tools for individuals, groups, and organizations. - Apple iTunes Best Books of 2013 in Nonfiction and Health - The Globe and Mail Top Business Books of 2013 "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 author of StrengthsFinder 2.0, How Full Is Your Bucket?, Strengths Based Leadership, and Wellbeing comes a transformative book 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 remarkably quick read 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 a book, Eat Move Sleep is a new way to live.