

Eat Move Sleep: How Small Choices Lead to Big Changes

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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.

"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.

"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

"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

"Rath's new book invaluable delivers." -

BRIAN WANSINK, Ph.D.

, author of Mindless Eating

Q&A with Tom Rath

(provided by the publisher)

Q: Why do you describe Eat Move Sleep as a "project"?

A. The book Eat Move Sleep is just one part of my overall mission. My team and I also put a lot of time into the website, personalized 30 day plan, reference explorer, and guides for people to use in groups. Our goal is simply to get people talking about how we can all have better days and live longer as a result.

Q: What is the most important thing you learned from this research?

A. The fact these three elements - eating, moving, and sleeping - build on one another. As a result, working on all three at once is even easier than focusing on one area in isolation. I structured the book to help people work on these elements in combination.

Q: What was your greatest challenge in working on this book?

A. My biggest challenge was narrowing down to the most practical findings, given the wealth of good science. Even though some of the findings may seem like common sense, the key is connecting short-term incentives with what's best for your long-term health.

Living Like Life Depends On It

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A Personal Perspective. Small choices make a big difference.

30 days to better decisions. Eat. Move. Sleep

1: The Basics

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Forget fad diets, forever.

Make inactivity your enemy. Sleep longer to get more done.

2: Small Adjustments

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Every bite is a net gain or loss.

Step away from your chair. Sleep makes or breaks a day.

3: Quality First

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What counts more than calories.

Use product placement at home. Work faster while you walk.

4: Break The Cycle

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Sugar is the next nicotine.

Substitutes are a nicotine patch. Take two every twenty.

5: Staying Healthy

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Judge food by the color of its skin.

A vaccine for the common cold. Quality beats quantity in bed.

6: What Counts

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Wear a new pair of genes.

Measuring makes you move more. Target 10,000.

7: Refined Fuel

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The filler that is a killer.

Family style is making us fat. Burn calories after you workout.

8: Timing Matters

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Empty stomach, bad choices.

The 20-minute meal rule. Move early for a better mood.

9: Shortcuts

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The first order anchors the table.

Surf the Web with both hands. Fight the light at night.

10: Decisions

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Prioritize your protein.

Stop buying junk for friends. Find your motivation to move.

11: Working

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Keep work from killing you.

The danger of desktop dining. Working while intoxicated.

12: Quitting

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The throwaway foods.

Help a quitter win. Hit snooze and you lose.

13: Myth Busting

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The butter is healthier than the bread.

Don't eat your meat and potatoes. Be cold in bed.

14: Home

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Small plates, smaller waistline.

Staying active starts at home. Make sleep a family value.

15: Get Ahead

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Don't be fooled by the decoy.

Structure exercise for enjoyment. A night to remember.

16: Energy

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The high-fat hangover.

Take your brain for a walk. Try exercise before sleeping pills.

17: Expectations

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Stigmatize sinful foods.

Organic does not equal healthy. Go public with a goal.

18: Good Nights

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Feast at sunrise, starve at sunset.

Television shortens your lifespan. Protect your final hour.

19: Think Again

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Dried and juiced is fruitless.
Don't judge a box by its cover. Make noise at night.

20: Your Routine

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Less heat, better to eat.
Driving to divorce. Sleeping in only sounds good.

21: Simple Steps

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Rice and SPAM last forever.
How you move matters. Keep stress from ruining your sleep.

22: Looking Good

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Get a tan from tomatoes.
Look younger with each step. Sleep to impress.

23: An Extra Boost

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Eat the healthiest food first.
The right way to get high. REM therapy for a bad day.

24: Reminders

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Grab a handful.
Take five outside. Pay for peer pressure.

25: Prevention

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Eat to beat cancer.
Get a prescription for exercise. Know two numbers by heart.

26: Daily Choices

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Buy willpower at the store.
Clean your brain and bowels. Sleep on it.

27: New Habits

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Save the cake for your birthday.
Indulge less to enjoy more. Take credit to make it count.

28: Trend Setters

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Broccoli is the new black.

Stick with coffee, tea, and water. Tame ties and tight pants.

29: Ideas for Life

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Fight risk with food.

Gain sleep with weight loss. Eight is enough.

30: Wrapping Up

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Every meal matters.

Put activity before exercise. Invest in sleep for your future.

Concluding Thoughts

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The Compounding of Eating, Moving, and Sleeping

Other Books

Man's Search for Meaning.

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