



Eat Move Sleep: Summary of the Key Ideas - Original Book by Tom Rath: How Small Choices Lead to Big Changes

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If you want to live a healthier life and prevent diseases, the best way to do so is to focus on three areas, namely eat, move and sleep. Everything you eat directly affects your body, so start making healthier choices now. Moving more and getting a sufficient amount of sleep every night will provide you with the energy you need.

Who should read this book:

- Obese or overweight people looking for effective ways to lose weight.
- People who are interested in learning more about how healthy food and physical activity can reduce the risk for a number of diseases.
- Anyone looking for useful tips to adopt a healthier lifestyle.

In this summary:

Chapter 1: Become healthier by starting with small adjustments

Chapter 2: Reduce your intake of added sugar and eat more vegetables

Chapter 3: Take enough time to eat and savor your food

Chapter 4: Remind yourself of the benefits of regular exercise to become more active

Chapter 5: Adjust the temperature in your room to sleep better

Chapter 6: Share your health goals with others to stay motivated

Chapter 7: Try to incorporate more activity into your daily schedule

Chapter 8: Healthy food can provide you with energy and make you look younger

Chapter 9: The path to healthier food choices starts at the grocery store

Chapter 10: Eat healthy food, move more, get enough sleep

Chapter 11: Final Summary

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From reader reviews:

Mark Feaster:

This book untitled Eat Move Sleep: Summary of the Key Ideas - Original Book by Tom Rath: How Small Choices Lead to Big Changes to be one of several books that will best seller in this year, that is because when you read this publication you can get a lot of benefit in it. You will easily to buy this specific book in the book retailer or you can order it through online. The publisher of this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Cell phone. So there is no reason to you personally to past this e-book from your list.

Victor Smith:

A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a reserve. The book Eat Move Sleep: Summary of the Key Ideas - Original Book by Tom Rath: How Small Choices Lead to Big Changes it is very good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not to fund but this book features high quality.

Mary Peterson:

Is it anyone who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Eat Move Sleep: Summary of the Key Ideas - Original Book by Tom Rath: How Small Choices Lead to Big Changes can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your time by reading in this fresh era is common not a geek activity. So what these textbooks have than the others?

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