



## **Eat, Move, Sleep: Was uns wirklich gesund macht (German Edition)**

*Tom Rath*

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# **Eat, Move, Sleep: Was uns wirklich gesund macht (German Edition)**

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Der einfachste Weg zum gesunden Lebensstil

Vergessen Sie komplizierte Diäten und ausgefeilte Trainingspläne – das eigentliche Geheimnis der Gesundheit liegt in drei schlichten Verhaltensänderungen. Businesscoach und Bestsellerautor Tom Rath, bei dem im Alter von 16 Jahren eine unheilbare Krankheit diagnostiziert wurde, recherchierte und probierte 20 Jahre lang im Selbstversuch die wirksamsten gesundheitlichen Methoden aus, um festzustellen, dass unser Wohlbefinden auf drei Säulen ruht: das Richtige essen, sich mehr bewegen und besser schlafen. Es sind die alltäglichen kleinen Entscheidungen, die eine stabile Gesundheit bis ins hohe Alter bewirken. „Eat, Move, Sleep“ ist nicht einfach nur ein Buch – es ist eine neue Art zu leben.



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