



The Rechargeables: Eat Move Sleep

Tom Rath

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From the co-author of *How Full is Your Bucket? For Kids*, the book that started a conversation about the importance of positive interactions in schools and homes around the world, comes a timeless story about how to be healthy and create energy in our daily lives. Through a series of brief adventures, Poppy and Simon discover what it takes to recharge themselves and bring an entire village back to life. Based on the research and concepts in *Eat Move Sleep*, Tom Rath's latest *New York Times* bestseller, *The Rechargeables* is about the way small choices have a profound impact on the quality of each day.

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