

FOR IMMEDIATE RELEASE

CELEBRATING BOOKS THAT HEAL THE MIND, BODY AND SPIRIT:
2016 Living Now Book Awards Results Announced

CONTACT:
Jim Barnes, Awards Director
jim@bookpublishing.com
231.933.4954x1011

Jenkins Group and *IndependentPublisher.com* are proud to announce the winners of the 2016 Living Now Book Awards, designed to recognize the year's best lifestyle and world-changing books. Each year, "books for better living" are chosen for their unique ability to enrich readers' lives and promote sustainability. This year's contest - the 8th annual awards - resulted in an exceptionally impressive medalist list, a testament to the increasing quality of published books today.



109 gold, silver, and bronze medals were awarded to books in 34 total categories, ranging from cooking and coloring books to metaphysical and meditation. "This year's medalists prove that books can unite and inspire people, in spite of the inequalities and hardships that face our world on a day-to-day basis," says Awards Director Jim Barnes. "Not only do books allow people to find balance amidst the chaos, they also serve as a potent force against ignorance and hatred. The 2016 Living Now award-winners are a testament to the power of literature."

Special Living Now Awards are presented to books that stood out and impressed the judges in the areas of Mind, Body and Spirit. This year's Mind winner, *My Mother, My Son* by Dwayne J. Clark, is an intimate portrait of what happens when the mind fails. Clark, an executive for an assisted living company, was not prepared when his own mother started to seem "old and frail," eventually becoming a resident in one of his own facilities. "The fact is, with Alzheimer's or dementia, there is no running or hiding. To truly understand these diseases, to truly help in whatever way you are able, you have to understand the loss of who the person was. It is not simply that the disease is devastating; it is the devastation of human life and what is left behind."

For its revolutionary approach to healing the Body, judges chose *The Whole Health Diet* by Mark Mincolla, PhD. "Based on my years of experience, one reason why most diets fail within the first year is because energy, typically in the form of human emotion, ultimately gets in the way," says the author, who then asks us to "imagine that there is a personalized diet system for you and you alone that enables you to optimize your health and maximize your weight loss potential by holistically balancing all your life force energy."

Finally, for its Spirit-opening compassion: *If You Feel Too Much*, by Jamie Tworkowski, who says in his introduction that he hopes his "stories might provide a sense of home. Home meaning you belong, you feel safe, you're not alone." And later: "It seems there are thousands of us, people navigating fears and dreams, standing at the intersection of pain and hope, wondering if it might be okay to say it all out loud, okay to ask for help."

To see the list of Living Now medalists, [visit the results listing here](#). To see the Evergreen medalists, [visit the results listing here](#).

The Living Now Awards are presented by Jenkins Group of Traverse City, Michigan, a book packaging and marketing firm dedicated to promoting books, as well as *IndependentPublisher.com*, a publication intended to promote the work of indie booksellers, publishers, and authors. The awards were created to celebrate the innovation and creativity of newly published books that enhance the quality of our lives, from cooking and fitness to relationships and mature living. The awards are open to all books in English and intended for the North American market.

To learn more about the Living Now Book Awards or to find out more about any of the winning books and authors, contact Jim Barnes, Awards Director - jim@bookpublishing.com

- END -