



For Immediate Release
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Books for a Better Life Awards Finalists Announced

Winners to be announced at a ceremony on Monday,
March 7, 2011

New York, NY - The New York City - Southern New York Chapter of the National MS Society is thrilled to announce the finalists for the 15th Annual Books for a Better Life Awards. The winners will be announced Monday, March 7, 2011 during an awards ceremony at the Millennium Broadway Hotel in New York City. Dr. Nancy Snyderman, author and NBC News' chief medical editor, and Jamie Raab, executive vice president, Hachette Book Group and publisher, Grand Central Publishing will also be inducted into the Hall of Fame at the Awards.

What: 15th Annual Books for a Better Life Awards

When: Monday, March 7, 2011

Cocktail reception: 6 p.m.

Awards program: 7 - 8:30 p.m.

Where: Millennium Broadway Hotel

145 West 44th Street (between Sixth Avenue and Broadway)
New York, NY 10036

Since their inception in 1996, the Books for a Better Life Awards have recognized more than 500 self-improvement authors, raising more than \$1.7 million for the New York City - Southern New York Chapter's comprehensive support services and educational programs for people living with MS, their friends and families. The Awards recognize self-improvement authors whose

messages are aligned with the chapter's mission of inspiring people to live their best lives.

Five finalists were selected from 500 entries for each of ten categories, including childcare/parenting, first book, green, inspirational memoir, motivational, psychology, relationships, spiritual, wellness and, back by popular demand, personal finance. An esteemed panel of book sellers and magazine, book club and television book editors selects the finalists and the winners are chosen by secret ballot of three expert judges for each category.

The following are the 2010 Books for a Better Life Award Finalists:

Childcare/Parenting

<i>Baby, We Were Meant for Each Other</i>	Scott Simon	The Random House Publishing Group
<i>Brave Girl Eating</i>	Harriet Brown	HARPERCOLLINS PUBLISHERS
<i>Geek Dad</i>	Ken Denmead	Gotham Books
<i>Mom</i>	Dave Isay, editor	The Penguin Press
<i>A Special Mother</i>	Anne Ford with John-Richard Thompson	Newmarket Press

First Book

<i>The Book of Awesome</i>	Neil Pasricha	Amy Einhorn Books / Putnam
<i>The Boy Who Loved Tornadoes</i>	Randi Davenport	Algonquin Books
<i>The Emperor of All Maladies</i>	Siddhartha Mukherjee	Scribner
<i>I Love You And I'm Leaving You Anyway</i>	Tracy McMillan	HARPERCOLLINS PUBLISHERS
<i>Losing My Cool</i>	Thomas Chatterton Williams	The Penguin Press

Green

<i>The Conscious Kitchen</i>	Alexandra Zissu	The Crown Publishing Group
<i>Earth</i>	Bill McKibben	Times Books, an imprint of Henry Holt & Co.
<i>Four Fish</i>	Paul Greenberg	The Penguin Press

<i>The Green Hour</i>	Todd Christopher	Shambhala (imprint: Trumpeter)
<i>Talking Dirt</i>	Annie Spiegelman	Penguin Group (Perigee)

Inspirational Memoir

<i>Breaking Night</i>	Liz Murray	Hyperion Books
<i>Cheap Cabernet: A Friendship</i>	Cathie Beck	Hyperion Books
<i>Devotion</i>	Dani Shapiro	HARPERCOLLINS PUBLISHERS
<i>Imperfect Endings</i>	Zoe Fitzgerald Carter	Simon & Schuster
<i>The Sound of a Wild Snail Eating</i>	Elizabeth Tova Bailey	Algonquin Books

Motivational

<i>Do Something!</i>	Nancy Lublin with Vanessa Martir and Julia Steers	Workman Publishing
<i>God Never Blinks</i>	Regina Brett	Grand Central Publishing
<i>Life Unlocked</i>	Srinivasan S. Pillay, MD	Rodale
<i>Lift</i>	Kelly Corrigan	Hyperion Books
<i>Operation Beautiful</i>	Caitlin Boyle	Gotham Books

Personal Finance

<i>Does This Make My Assets Look Fat?</i>	Susan L. Hirshman	St. Martin's Press
<i>Money 911</i>	Jean Chatzky	HARPERCOLLINS PUBLISHERS
<i>The New Good Life</i>	John Robbins	Ballantine
<i>Piggybanking</i>	Jeff D. Opdyke	HARPERCOLLINS PUBLISHERS
<i>Wealth Watchers</i>	Alice Wood	Free Press

Psychology

<i>Composing a Further Life</i>	Mary Catherine Bateson	Knopf
<i>In Pursuit of Silence</i>	George Prochnik	Doubleday
<i>Lonely</i>	Emily White	HARPERCOLLINS

		<i>PUBLISHERS</i>
<i>The Male Brain</i>	Louann Brizendine, MD	The Crown Publishing Group
<i>Stuff</i>	Randy O. Frost, PhD and Gail Steketee, PhD	Houghton Mifflin Harcourt

Relationships

<i>The Husbands and Wives Club</i>	Laurie Abraham	Touchstone
<i>In the Neighborhood</i>	Peter Lovenheim	Penguin Group (Perigee)
<i>Let's Take the Long Way Home</i>	Gail Caldwell	The Random House Publishing Group
<i>Mom Still Likes You Best</i>	Jane Isay	Doubleday
<i>Somewhere Inside</i>	Laura Ling and Lisa Ling	HARPERCOLLINS <i>PUBLISHERS</i>

Spiritual

<i>The Sabbath World</i>	Judith Shulevitz	The Random House Publishing Group
<i>The Ten Things to Do When Life Falls Apart</i>	Daphne Rose Kingma	New World Library
<i>To You We Shall Return</i>	Joseph M. Marshall III	Sterling Publishing
<i>Visions, Trips and Crowded Rooms</i>	David Kessler	Hay House
<i>Women Food and God</i>	Geneen Roth	Scribner

Wellness

<i>101 Optimal Life Foods</i>	David Grotto, RD, LDN	Bantam
<i>Ah-Choo! The Uncommon Life of Your Common Cold</i>	Jennifer Ackerman	Grand Central Publishing
<i>Back to Life after a Heart Crisis</i>	Marc Wallack, MD and Jamie Colby	Avery Books
<i>Change Your Brain, Change Your Body</i>	Daniel G. Amen, MD	The Crown Publishing Group
<i>The Secret Language of Your Body</i>	Inna Segal	Atria Books / Simon & Schuster

About the New York City – Southern New York Chapter

The New York City - Southern New York Chapter of the National MS Society is committed to helping the 10,000 people living with multiple sclerosis in the five boroughs and Westchester, Putnam, Rockland, Orange and Sullivan counties continue moving their lives forward. The chapter raises funds locally to support the Society's critical research initiatives and to provide hundreds of comprehensive support services and educational programs for people living with MS, their family and friends. Visit www.MSnyc.org for more information.

About Multiple Sclerosis

Multiple sclerosis interrupts the flow of information between the brain and the body and it stops people from moving. Every hour in the United States someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S., and 2.5 million worldwide.

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