



For immediate release

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Books for a Better Life Awards Finalists Announced

Winners to be announced at the ceremony on Monday, March 10, 2014 with host Meredith Vieira

[**New York, NY December 9, 2013**] The New York City - Southern New York Chapter of the National MS Society is pleased to announce the finalists for the 18th Annual Books for a Better Life Awards. The winners will be announced during an awards ceremony at The TimesCenter in New York City on Monday, March 10, 2014. Richard Pine, partner at Inkwell Management and bestselling author, and *New York Times* Opinion Columnist and *New York Times Magazine*, Food Columnist Mark Bittman will be inducted into the Hall of Fame. Journalist, author and founder of *The Huffington Post*, Arianna Huffington will present Pine with his award and bestselling author Lee Woodruff will present the MS Awareness Award to author Kristie Salerno Kent, who has been living with MS since 1999. Kent will serve as the mission speaker and television personality Meredith Vieira will once again serve as host.

What: 18th Annual Books for a Better Life Awards

When: Monday, March 10, 2014
Cocktail reception: 5:30 p.m.
Awards program: 7 - 8:30 p.m.

Where: The Times Center
242 W. 41st St
New York, NY 10018

Since its inception in 1996, the Books for a Better Life Awards has recognized more than 700 self-improvement authors and raised more than \$2.1 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 as well as the Society's critical research initiatives. 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 in each of the 10 categories above were chosen by an esteemed panel of booksellers, magazine, television and book club editors, television producers and librarians. Independent panels of expert judges in each category will select a winner for each category.

The following are the 18th Annual Books for Better Life Award finalists:

Childcare/Parenting

TITLE	AUTHOR	PUBLISHER
<i>Brainstorm</i>	Daniel J. Siegel M.D.	Tarcher Penguin
<i>The Big Disconnect</i>	Catherine Steiner-Adair, Ed.D. with Teresa H. Barker	Harper
<i>The Business of Baby</i>	Jennifer Margulis	Scribner
<i>Masterminds & Wingmen</i>	Rosalind Wiseman	Harmony Books
<i>The Shape of the Eye</i>	George Estreich	Tarcher Penguin

Cookbook

TITLE	AUTHOR	PUBLISHER
<i>The Blood Sugar Solution Cookbook</i>	Mark Hyman, M.D.	Little Brown and Company
<i>Chloe's Vegan Desserts</i>	Chloe Coscarelli	Atria Paperback
<i>Heart of the Plate</i>	Mollie Katzen	Houghton Mifflin Harcourt
<i>Isa Does It</i>	Isa Chandra Moskowitz	Little Brown and Company
<i>Vegetable Literacy</i>	Deborah Madison	Ten Speed Press

First Book

TITLE	AUTHOR	PUBLISHER
<i>Knocking on Heaven's Door</i>	Katy Butler	Scribner
<i>The Reason I Jump</i>	Naoki Higashida	Random House
<i>Salt Sugar Fat</i>	Michael Moss	Random House
<i>Some Nerve</i>	Patty Chang Anker	Riverhead Books
<i>With or Without You</i>	Domenica Ruta	Spiegel & Grau

Green

TITLE	AUTHOR	PUBLISHER
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<i>Countdown</i>	Alan Weisman	Little Brown and Company
<i>The Imperfect Environmentalist</i>	Sara Gilbert	Ballantine Books
<i>Oil and Honey</i>	Bill McKibben	Times Books
<i>Toms River</i>	Dan Fagin	Bantam
<i>Wild Ones</i>	Jon Mooallem	The Penguin Press

Inspirational Memoir

TITLE	AUTHOR	PUBLISHER
<i>A House in the Sky</i>	Amanda Lindhout and Sara Corbett	Scribner
<i>Buck</i>	MK Asante	Spiegel & Grau
<i>Taylor's Gift</i>	Todd and Tara Storch with Jennifer Schuchmann	Revell
<i>Until I Say Goodbye</i>	Susan Spencer-Wendel with Bret Witter	Harper
<i>The World's Strongest Librarian</i>	Josh Hanagarne	Gotham Books

Motivational

TITLE	AUTHOR	PUBLISHER
<i>Handling the Truth</i>	Beth Kephart	Gotham Books
<i>The Novel Cure</i>	Ella Berthoud and Susan Elderkin	The Penguin Press
<i>On These Courts</i>	Wayne B. Drash	Touchstone
<i>Saturday Night Widows</i>	Becky Aikman	Crown
<i>Survival Lessons</i>	Alice Hoffman	Algonquin Books of Chapel Hill

Psychology

TITLE	AUTHOR	PUBLISHER
<i>The Autistic Brain</i>	Temple Grandin and Richard Panek	Houghton Mifflin Harcourt

<i>Blindspot</i>	Mahzarin R. Banaji and Anthony G. Greenwald	Delacorte Press
<i>CLEAN</i>	David Sheff	Houghton Mifflin Harcourt
<i>Hardwiring Happiness</i>	Rick Hanson, Ph.D.	Harmony Books
<i>Outsmarting Anger</i>	Joseph Shrand, M.D. and Leigh Devine, M.S.	Josey-Bass

Relationships

TITLE	AUTHOR	PUBLISHER
<i>Carry On Warrior</i>	Glennon Doyle Melton	Scribner
<i>Her</i>	Christa Parravani	Henry Holt
<i>Mother Daughter Me</i>	Katie Hafner	Random House
<i>Sticks and Stones</i>	Emily Bazelon	Random House
<i>The Remarriage Blueprint</i>	Maggie Scarf	Scribner

Spiritual

TITLE	AUTHOR	PUBLISHER
<i>The Ancestral Continuum</i>	Natalia O'Sullivan and Nicola Graydon	Atria Books
<i>The Art of Healing</i>	Bernie S. Siegel, M.D.	New World Library
<i>Love Your Enemies</i>	Sharon Salzberg and Robert Thurman	Hay House, Inc
<i>Süches</i>	Anne Lamott	Riverhead Books
<i>What We Talk About When We Talk About God</i>	Rob Bell	HarperOne

Wellness

TITLE	AUTHOR	PUBLISHER
<i>Bouncing Back</i>	Linda Graham, MFT	New World Library
<i>The Detox Prescription</i>	Woodson Merrell, M.D. with Mary Beth Augustine, MS, RDN and Hillari Dowdle, RYT	Rodale Books
<i>The Melt Method</i>	Sue Hitzmann	HarperOnes

Eating on the Wild Side	Jo Robinson	Little Brown and Company
Grain Brain	David Perlmutter, M.D. with Kristin Loberg	Little Brown and Company

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 12,000 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. For more information, visit www.MSnyc.org.

About the National Multiple Sclerosis Society

The Society addresses the challenges of each person affected by MS. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world and provides programs and services designed to help people living with MS and their families move forward with their lives. In 2013 alone, through its national office and 50-state network of chapters, the Society devoted \$121.9 million to its programs and services that assisted more than one million people. To move us closer to a world free of MS, the Society also invested \$48 million to support over 380 new and on-going research projects around the world. The Society is dedicated to achieving a world free of MS. Join the movement at www.nationalMSSociety.org.

About Multiple Sclerosis

Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts the flow of information within the brain, and between the brain and body. 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 at least two to three times more women than men being diagnosed with the disease. MS affects over 2.3 million people worldwide.

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