



BOOKS FOR A BETTER LIFE AWARD WINNERS ANNOUNCED

NEW YORK, NY - The New York City – Southern New York Chapter of the National Multiple Sclerosis Society presented the winners of the 15th Annual Books for a Better Life Awards tonight during a ceremony at the Millennium Broadway Hotel. Dr. Nancy Snyderman, author and NBC News' chief medical editor, and Jamie Raab, executive vice president of Hachette Book Group and publisher of Grand Central Publishing, were also inducted into the Hall of Fame during the event. To date, the event has raised more than \$130,000 to support the hundreds of annual programs and services the chapter provides people living with MS and research.

The following are the Books for a Better Life Award winners:

Childcare/Parenting

Brave Girl Eating by Harriet Brown,
HARPERCOLLINS Publishers

First Book

The Emperor of All Maladies
by Siddhartha Mukherjee, Scribner

Green

Eaarth by Bill McKibben, Times Books, an imprint
of Henry Holt & Co.

Inspirational Memoir

Breaking Night by Liz Murray, Hyperion Books

Motivational

Life Unlocked by Srinivasan S. Pillay, MD, Rodale

Personal Finance

The New Good Life by John Robbins, Ballantine

Psychology

Composing a Further Life by Mary Catherine
Bateson, Knopf

Relationships

Let's Take the Long Way Home by Gail Caldwell,
The Random House Publishing Group

Spiritual

The Ten Things to Do When Life Falls Apart,
Daphne Rose Kingma, New World Library

Wellness

Back to Life after a Heart Crisis by Marc Wallack,
MD and Jamie Colby, Avery Books

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.

About the New York City – Southern New York Chapter

The NYC – Southern NY 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 the National Multiple Sclerosis Society

MS stops people from moving. The National MS Society exists to make sure it doesn't by helping each person address the challenges of living with MS. In 2009 alone, through its national office and 50 state network of chapters, the Society devoted more than \$132 million to programs that enhanced more than one million lives. To move closer to a world free of MS, the Society also invested nearly \$36 million to support 375 research projects around the world.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. To learn about the options, individuals should talk to their health care professionals and contact the National MS Society at www.nationalMSSociety.org or 1-800-344-4867 (1-800-FIGHT-MS).

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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