



**National
Multiple Sclerosis
Society**
New York City –
Southern New York
Chapter



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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 announced the winners of the 18th Annual Books for a Better Life Awards tonight during a ceremony at The TimesCenter in Manhattan.

Hosted by television personality Meredith Vieira the evening also featured the induction of Richard Pine, partner at Inkwell Management, and *New York Times* Opinion Columnist and *New York Times Magazine* Food Columnist Mark Bittman, into its Hall of Fame. Award presenters included Arianna Huffington, journalist, author and founder of the *Huffington Post*, best-selling author Lee Woodruff and *New York Times* Book Review Editor Pamela Paul. Attendees of the ceremony also heard from author Kristie Salerno Kent, who has been living with MS since 1999. Kent served as mission speaker and received the Acorda MS Spotlight Award.

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

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

CHILDCARE:

Masterminds and Wingmen
By Rosalind Wiseman
Harmony Books

COOKBOOK:

*Isa Does It: Amazingly Easy, Wildly Delicious
Vegan Recipes for Every Day of the Week*
By Isa Chandra Moskowitz
Little Brown and Company

FIRST BOOK:

*Knocking on Heaven's Door:
The Path to a Better Way of Death*
By Katy Butler
Scribner

INSPIRATIONAL MEMOIR:

*Taylor's Gift: A Courageous Story of
Giving Life and Renewing Hope*
By Todd and Tara Storch
with Jennifer Schuchmann
Revell

PSYCHOLOGY:

*Outsmarting Anger: 7 Strategies for Defusing
our Most Dangerous Emotion*
By Joseph Shrand, M.D. and Leigh Devine, MS
Jossey-Bass

SPIRITUAL:

What We Talk About When We Talk About God
By Rob Bell
HarperOne

GREEN:

Toms River: A Story of Science & Salvation
By Dan Fagin
Bantam

MOTIVATIONAL:

Handling the Truth
By Beth Kephart
Gotham Books

RELATIONSHIPS:

Carry On Warrior: Thoughts on Life Unarmed
By Glennon Doyle Melton
Scribner

ACORDA WELLNESS AWARD:

Bouncing Back
By Linda Graham, MFT
New World Library

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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.