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### **First Annual Living Now Book Awards Promote Books for Better Living**

Book publishing has come a long way, baby. Since Gutenberg's Bible, authors and publishers have been producing books to help their readers live better, and now a book awards contest has been created to recognize and reward books that help readers attain healthier, more fulfilling, and productive lives. The first annual Living Now Book Awards were presented on Earth Day 2009.

People all over the planet are sensing the ever-quickenning pace of technology and consumerism, and realizing the need to slow down and find a balance with the natural world around them. We need to work, play, and spend time with family and friends. We need good nutrition, exercise, and relaxation. We need to keep ourselves healthy, and need to keep the Earth healthy – today, and for future generations.

The gold, silver and bronze medalists in the first annual Living Now Book Awards offers a list of books that will help readers learn about enriching their lives in wholesome, Earth-friendly ways. The awards are presented by Jenkins Group of Traverse City, Michigan, where they've been involved in book packaging, marketing and distribution since 1988.

"Jenkins Group is dedicated to promoting books that enlighten readers, bring families together, and make the world a safer, healthier place," said company founder Jerrold Jenkins. "Our book awards contests were created to bring recipients the credibility and publicity they need to further their book marketing and sales success."

The Living Now Book Awards celebrate the innovation and creativity of newly published books in lifestyle categories from cooking and entertaining to fitness and travel. The awards are open to all newly-published books written in English and intended for the North American market.

"Lifestyle publishing categories such as home, health, family and personal development are the fastest-growing segments of book publishing today," said Jenkins Group Awards Director Jim Barnes. "These Living Now award winners make up a must-read list for gaining knowledge about the life improvement goals we'd all like to achieve."

In all, 96 medals were awarded in 28 categories, chosen from 545 total entries. In addition, five books were named Living Now Books of the Year, deemed by the judges as best representing the spirit of the Awards and covering aspects of mind, body, spirit, home and community. They are:

*The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City*, by Kelly Coyne and Erik Knutzen (Process); *Show Me How: 500 Things You Should Know*, by Derek Fagerstrom, Lauren Smith & the Show Me Team (Collins); *...experiencing home...a guide to finding joy in your home*, by Jon R. Rentfrow (Zajan Publishing); *In Search of the Miraculous: Healing Into Consciousness*, by Eliza Mada Dalian (Expanding Universe Publishing); *Health Is Simple - Disease Is Complicated: A Systems Approach to Vibrant Health*, by James Forleo, DC (North Atlantic Books)

See the entire listing of Living Now Book Awards medalists at <http://www.independentpublisher.com/article.php?page=1290>

To learn more about the Living Now Book Award winning books and their creators or about Jenkins Group, visit [www.LivingNowAwards.com](http://www.LivingNowAwards.com), [www.BookPublishing.com](http://www.BookPublishing.com), or contact Jim Barnes, Awards Director - [jimb@bookpublishing.com](mailto:jimb@bookpublishing.com); ph. 1-800-644-0133 x1011  
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