

FOR IMMEDIATE RELEASE

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## **2014 Living Now Book Award Winners Inspire Better Living and Family Togetherness**

(Traverse City, MI - Sept 16, 2014) Jenkins Group is proud to announce the winners of the Living Now Book Awards, presented each year to honor "Books for Better Living." We celebrate these awards as a reminder about the importance of protecting our planet Earth, and of the role book authors and publishers can play in supporting a more thoughtful, "green" approach to living.

The Living Now Book Award medals are presented by Jenkins Group of Traverse City, Michigan, a book packaging and marketing firm dedicated to promoting books that enrich readers' lives in wholesome, Earth-friendly ways. The awards recognize the excellence of newly published books in lifestyle categories from cooking and fitness to parenting and spirituality. In all, 117 gold, silver and bronze medals were awarded in 38 categories, chosen from 519 total entries.

See the entire list of Living Now medalists at  
<http://www.independentpublisher.com/article.php?page=1852>

"These books can help people sort out the difficult issues in our fast-changing world," said Awards Director Jim Barnes. "With all the challenges of raising children today, including the current controversy about the line between discipline and child abuse, good books are necessary to inform ourselves and our loved ones so we can grow as individuals and as families."

In the Parenting category gold medalist, *The Big Disconnect* (Harper), author Catherine Steiner-Adair, EdD, sets the tone by asking parents who feel their children are constantly "plugged in" and "tuning them out" to look in the mirror: "More worrisome to me are the ways in which parents are checking out of family time, disappearing themselves and offering that behavior as a model for their children." She goes on to lay out a practical guide for families in our digital age, helping them develop "a family philosophy about using (technology) that reflects and supports the family's values and well-being."

Two of our Living Now medalists offer alternatives to the tech-driven family disconnect. Bronze medalist Jeff Alt urges you to *Get Your Kids Hiking* (Beaufort Books). "Introducing your child to a sport that can serve as a relaxation and thinking tool, while providing them with an inexpensive way to stay both mentally and physically healthy, is worth every step." Bronze medalists Hadley and Delaney, authors of the *Twice As Good Cookbook for Kids* (Twice As Good Productions) find their own adventures in the family kitchen. "For as long as we can remember, the kitchen has always been the loudest and most interesting room in the house. It seems like someone in our family is always

making something delicious or creating something surprising." It's not surprising to learn the 8-year-old twin girls also star in a PBS cooking show filmed in the family's Florida home.

Other Living Now award-winners advise that we must take care of our own minds and our bodies before we can help others. "A mother who takes the time out to soothe her mind, body and spirit will replenish her energy," says Leonie Percy, self-published silver medal-winning author of *Mother Om*. "It will enable her to deal with the challenges the rest of the day brings." Silver medalist John Shufeldt, MD, recommends exercising the mind with books. His *Ingredients of Young Outliers* (Outlier Publishing) offers numerous tips for young people, but this one caught our book judges' attention: "The books I've read over the course of my life have inspired, challenged, and provided countless hours of entertainment and education. What's in your library says much about who you are today and who you'll become in the future."

Yes, books can inspire young minds and books can change peoples' lives. Throughout history, books truly have been "changing the world, one book at a time," and they continue to do so today, whether in the form of a tattered paperback or an interactive ebook on an iPad. It's the spirit of helping others learn and grow that matters, and that spirit is what the Living Now Book Awards are all about.

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To learn more about the Living Now Book Awards or to find out more about any of the award-winning books and authors, contact Jim Barnes, Awards Director -  
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