

Living Now Book Award Winners Help Prepare Readers for the Future (Traverse City, MI – Sept 6, 2012) - Jenkins Group is proud to announce the winners of the 4th Annual Living Now Book Awards, presented each year to honor books that improve our lives. During these trying times, when the middle class is disappearing, family budgets are shrinking, and the changing climate is inspiring a more "green" approach, now is the time to read books about enriching our lives in wholesome, Earth-friendly ways.

The Living Now Book Awards celebrate the innovation and creativity of newly published books in lifestyle categories from cooking and fitness to parenting and spirituality. In all, 94 medals were awarded in 29 categories, chosen from 488 total entries. The awards are presented by Jenkins Group of Traverse City, Michigan, a book packaging and marketing firm dedicated to promoting books that make the world a better place.

Like it or not, it's election season, and the question keeps coming up: "Are you better off now than you were four years ago?" You'll certainly be better off if you read some of the medal-winning books in this year's Living Now Book Awards:

- Battling weight gain? Stressed out? Holly Mosier's *Stress Less, Weigh Less* (gold medalist in the Exercise/Fitness category) will help you lose weight *and* manage stress at the same time.
- Aging parents? Menopause? *100 Plus: How the Coming Age of Longevity Will Change Everything* and *Is This Normal? The Essential Guide to Middle Age and Beyond* (tied for gold medalists in the Mature Living/Aging category) are two cutting-edge books with the latest info on aging and the longevity revolution

- Want to turn your backyard into a flourishing garden? *High-Impact, Low-Carbon Gardening: 1001 Ways to Garden Sustainably* (gold medalist in the Gardening/Farming category) is all about smart gardening in a changing climate and using healthy and efficient methods to grow your own food

The Living Now Book Awards honor books that treat every day as Earth Day, the celebration of environmental awareness that has raised our collective consciousness to imagine a cleaner, healthier world. That's what great books do, they help us imagine change, and give us the information to make changes happen.

Some winning books offer stern warnings. Here's a quote from the introduction of *Comfortably Unaware: Global Depletion and Food Responsibility*, by Dr. Richard A. Oppenlander (silver medalist, Green Living category): "We are witnessing what could only be considered the sixth era of extinction on our planet because of an accelerated loss of biodiversity. The leading cause of this massive loss of plants, insects, and animals is our current choice of animal products as food." In the first chapter of *Do Your Part: A Practical Guide to Green Living*, by Terri Bennett (gold medalist, Green Living category), she lists some things America "leads the world" in: amount of water used; amount of energy consumed; amount of trash generated. "So, yes, Americans definitely lead the way. Do we really want to be leaders of consumption and waste? It's not a badge I want to wear, or one I want for my children." The next 100 pages are filled with ways we can turn that situation around in our daily lives.

"Books are the perfect thing to inspire us and to inform ourselves about keeping ourselves and the Earth healthy," said Awards Director Jim Barnes. "These books will help people solve problems and improve their lives, today and for future generations. Congratulations to all Living Now Book Award winners and

thanks for their contributions to a better world."

See complete results for the 2012 Living Now Book Awards at
<http://www.independentpublisher.com/article.php?page=1577>

For more details about the Awards or to interview recipients,
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