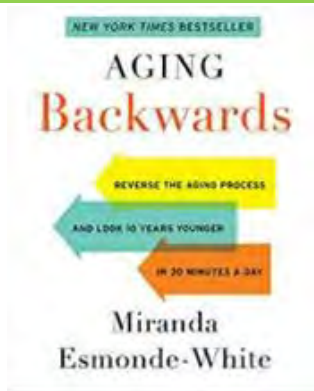


2015 NAUTILUS AWARDS SILVER WINNERS



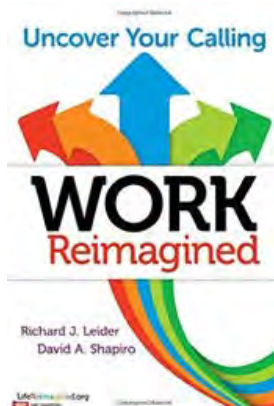
AGING CONSCIOUSLY



**Aging Backwards**  
Miranda Esmonde-White  
*HarperWave*

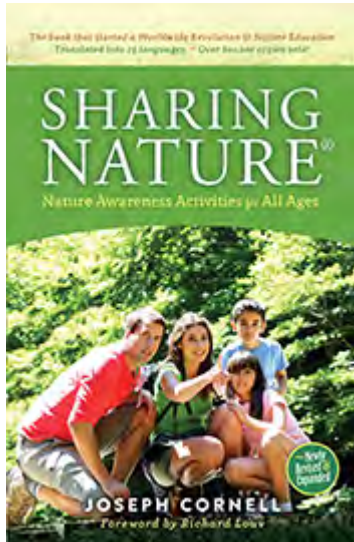


**Juggling Life, Working, & Caregiving**  
Amy Goyer  
*AARP Books Division*

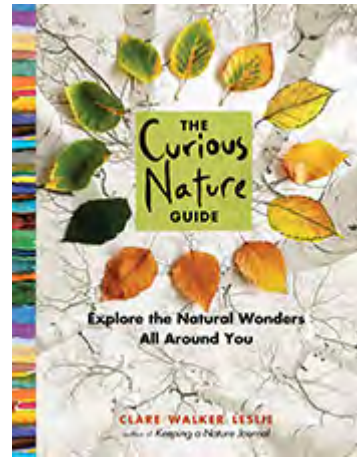


**Work Reimagined**  
Richard J. Leider & David A. Shapiro  
*AARP Books Division*

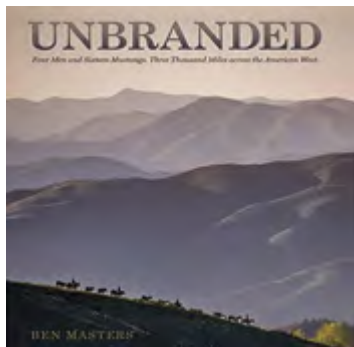
ANIMALS & NATURE



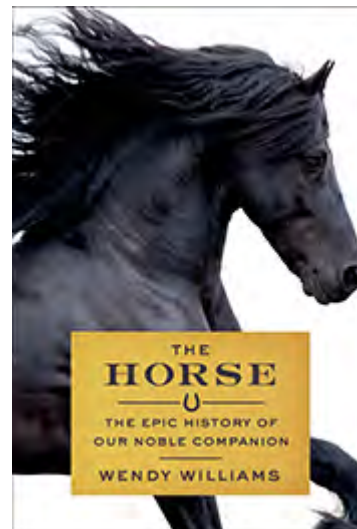
**Sharing Nature:  
Nature Awareness  
Activities for All Ages**  
Joseph Cornell  
*Crystal Clarity Publishers*



**The Curious Nature Guide**  
Clare Walker Leslie  
*Storey Publishing*



**Unbranded**  
Ben Masters  
*TAMU: Texas A&M Univ.*

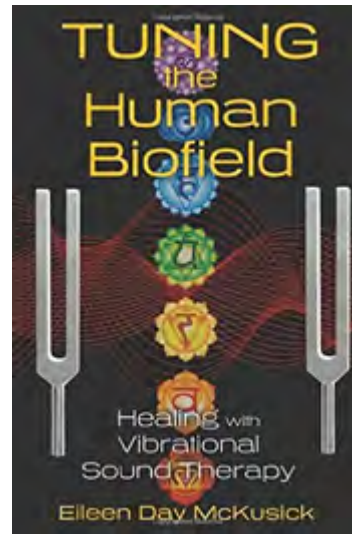


**The Horse:  
Epic History of Our  
Noble Companion**  
Wendy Williams  
*Scientific American / Farrar, Straus & Giroux*

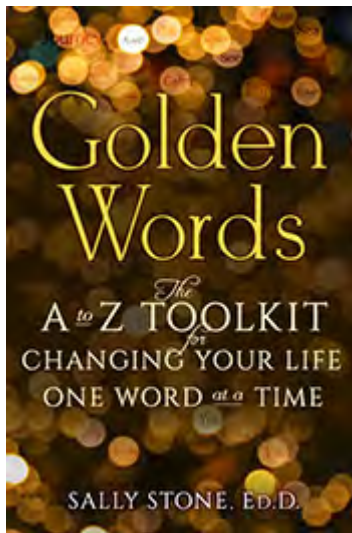
**BODY, MIND & SPIRIT PRACTICES**



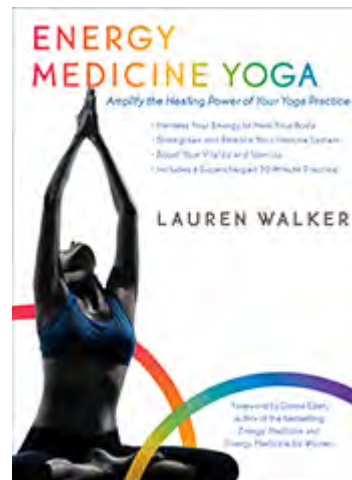
**Healing the Body & Awakening Consciousness with the Dalian Method**  
(book & CD package)  
Mada Eliza Dalian  
*Expanding Universe Publishing*



**Tuning the Human Biofield**  
Eileen Day McKusick  
*Healing Arts Press*

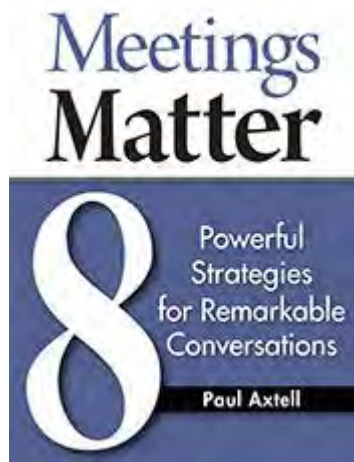


**Golden Words:**  
**The A to Z Toolkit for Changing Your Life One Word at a Time**  
Sally Stone  
*Wisdom Heart*



**Energy Medicine Yoga:**  
**Amplify the Healing Power of Your Yoga Practice**  
Lauren Walker  
*Sounds True*

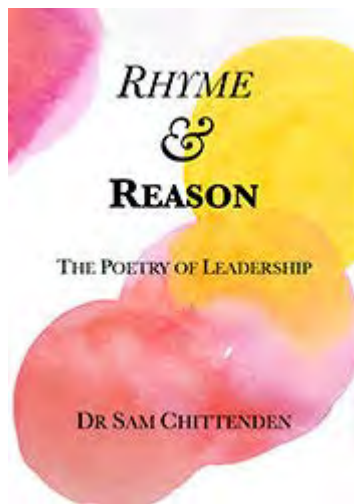
BUSINESS & LEADERSHIP



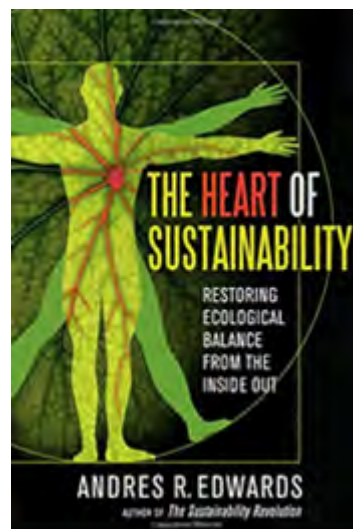
**Meetings Matter:  
8 Powerful Strategies for  
Remarkable Conversations**  
Paul Axtell  
*Jackson Creek Press*



**The Awakened Company**  
Catherine R. Bell  
*Namaste Publishing*



**Rhyme & Reason:  
The Poetry of Leadership**  
Sam Chittenden  
*Different Development*



**The Heart of Sustainability: Restoring  
Ecological Balance  
from the Inside Out**  
Andres R Edwards  
*New Society Publishers*



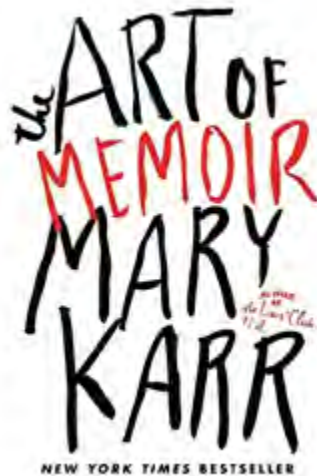
CREATIVE PROCESS



**Hidden Solutions All Around You**  
Daniel R. Castro  
Beartooth Press

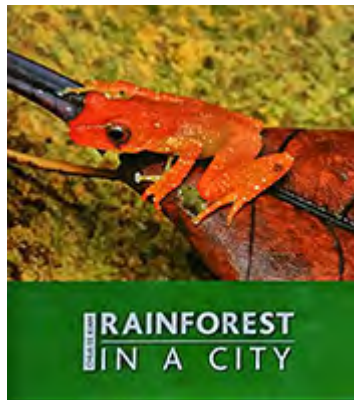


**Will Write for Food (3rd ed.)**  
Dianne Jacob  
Da Capo Lifelong Books

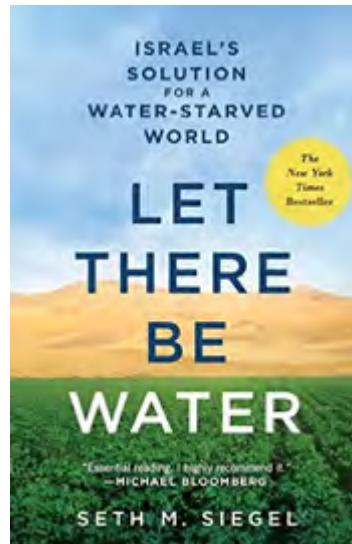


**The Art of Memoir**  
Mary Karr  
Harper

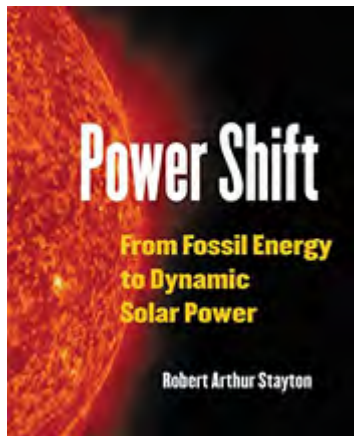
ECOLOGY / ENVIRONMENT



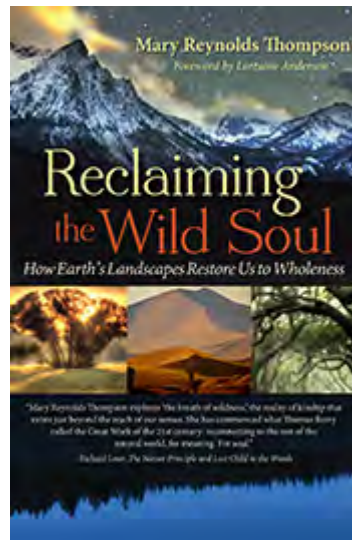
**Rainforest in a City**  
Chua Ee Kiam  
*Simply Green*



**Let There Be Water:  
Israel's Solution for a  
Water-starved World**  
Seth M. Siegel  
*Thomas Dunne Books (St Martins)*

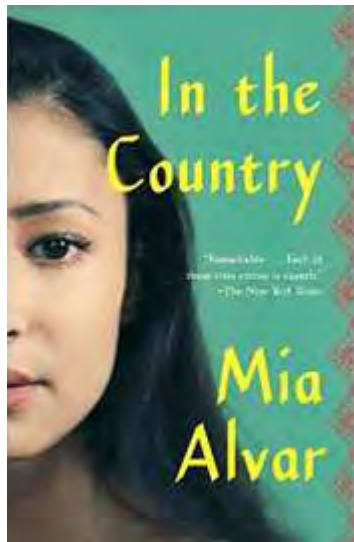


**Power Shift:  
From Fossil Energy to  
Dynamic Solar Power**  
Robert Arthur Stayton  
*Sandstone Publishing*



**Reclaiming the Wild Soul**  
Paul Mary Reynolds Thompson  
*White Cloud Press*

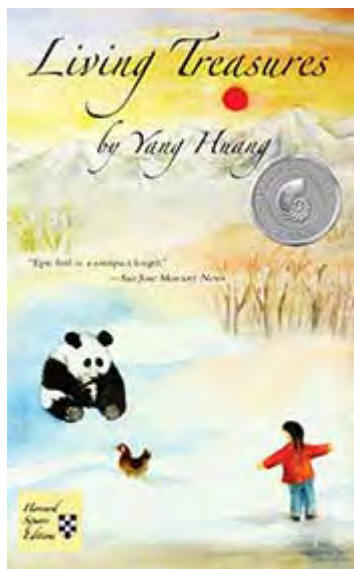
FICTION



**In the Country: Stories**  
Mia Alvar  
*Alfred A. Knopf*



**East of Mecca**  
Sheila Flaherty  
*CreateSpace*

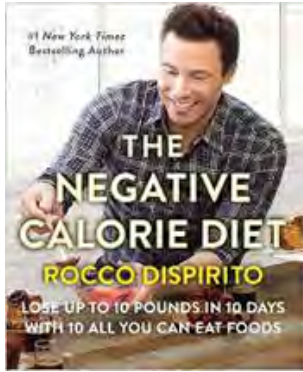


**Living Treasures**  
Yang Huang  
*Harvard Square Editions*

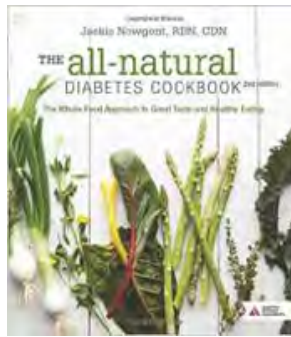


**Before the Court of Heaven**  
Jack Mayer  
*Wind Ridge Books*

**FOOD, COOKING & HEALTHY LIVING**



**The Negative Calorie Diet**  
Rocco DiSpirito  
*HarperWave*



**All-Natural Diabetes Cookbook:**  
Jackie Newgent, RDN  
*American Diabetes Assoc.*



**Yum:**  
**Plant-based Recipes for a Gluten-free Diet**  
Dr. Theresa Nicassio  
*D&D Publishing*

**GIFT / SPECIALTY**



**Animal Kingdom:  
Color Me, Draw Me**  
Millie Marotta  
*Lark Crafts /Sterling Publishing*



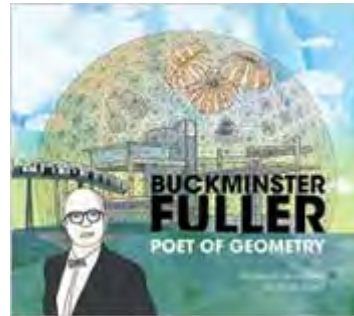
**Love, Animals & Miracles**  
Bernie S. Siegel  
*New World Library*



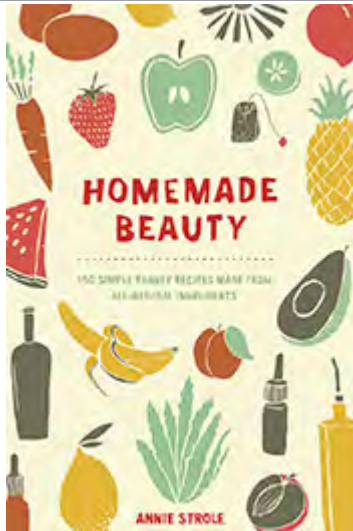
GREEN LIVING & SUSTAINABILITY



**The Water-Wise Home**  
Laura Allen  
*Storey Publishing*



**Buckminster Fuller:  
Poet of Geometry**  
Cole Gerst  
*Overcup Press*

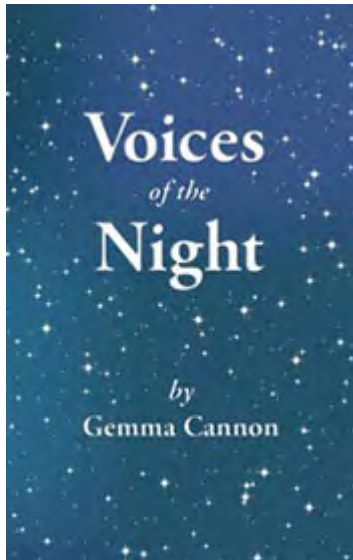


**Homemade Beauty**  
Annie Strole  
*Perigee /Penguin RandomHouse*

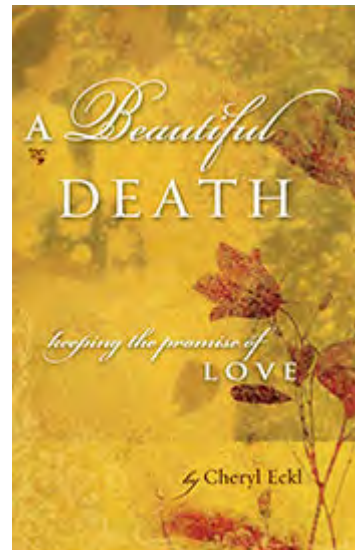


**Clean Design:  
Wellness for Your Lifestyle**  
Robin Wilson  
*Greenleaf Book Group*

DEATH & DYING / GRIEF & LOSS



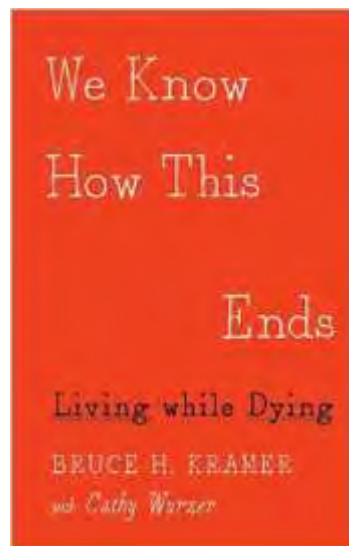
**Voices of the Night:**  
Gemma Cannon  
NGC Publications



**A Beautiful Death:**  
**Keeping the Promise of Love**  
Cheryl Eckl  
Flying Crane Press



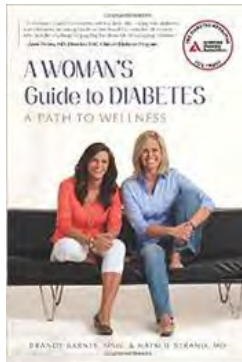
**Die Wise:**  
**A Manifesto for Sanity & Soul**  
Stephen Jenkinson  
North Atlantic Books / Berkeley



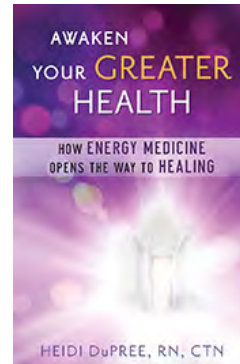
**We Know How This Ends:**  
**Living while Dying**  
Bruce Kramer with Cathy Wurzer  
Univ of Minnesota Press (UMP)



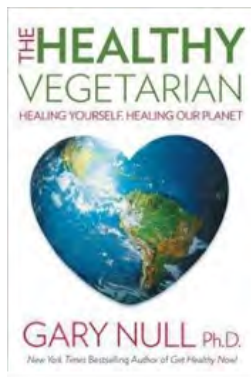
HEALTH & HEALING / WHOLENESS & VITALITY



**A Woman's Guide to Diabetes:  
Path to Wellness**  
Brandy Barnes & Natalie Strand  
*American Diabetes Assoc.*



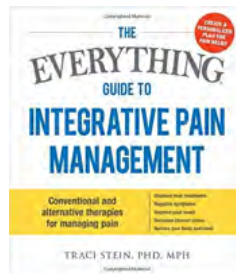
**Awaken Your Greater Health: How  
Energy Medicine Opens the Way to  
Healing**  
Heidi DuPree, RN CTN  
*CreateSpace*



**The Healthy Vegetarian:  
Healing Yourself, Healing Our Planet**  
Gary Null, PhD.  
*Essential Publishing*



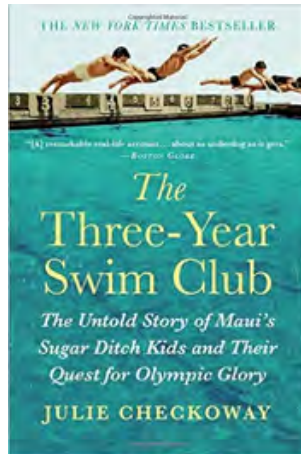
**Surviving Cancerland: Intuitive  
Aspects of Healing**  
Kathleen O'Keefe-Kanavos  
*Lost Coast Press / Cypress House*



**The Everything Guide to Integrative Pain Management,**  
Traci Stein PhD MPH



HEROIC JOURNEYS

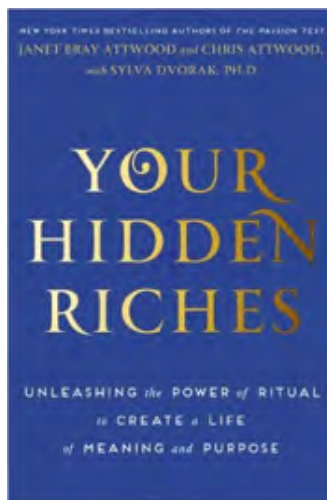


**Three-Year Swim Club:  
The Untold Story of Maui's  
Sugar Ditch Kids & Their Quest  
for Olympic Glory**  
Julie Checkoway  
*Grand Central / Hachette Book Group*

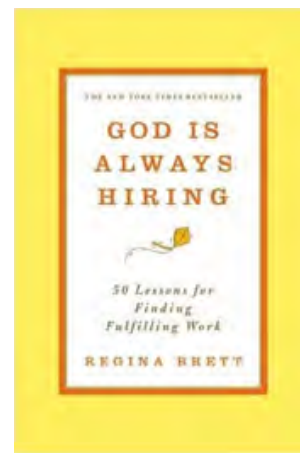


**Find A Way**  
Diana Nyad  
*Alfred A. Knopf*

INNER PROSPERITY / RIGHT LIVELIHOOD



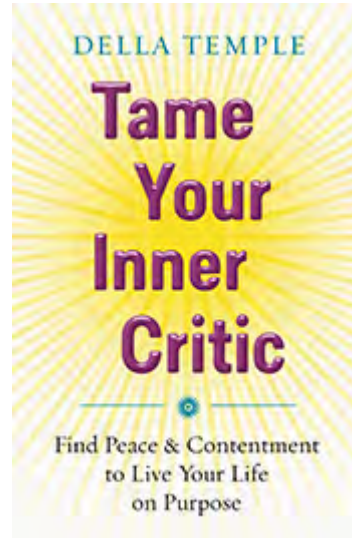
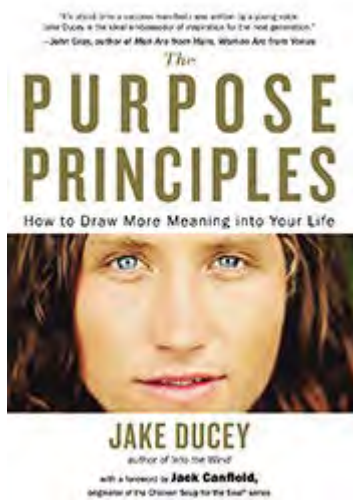
**Your Hidden Riches:  
Unleashing the Power of Ritual**



**God Is Always Hiring:  
50 Lessons for Finding**

Janet Bray Attwood & Chris Attwood  
*Harmony Books*

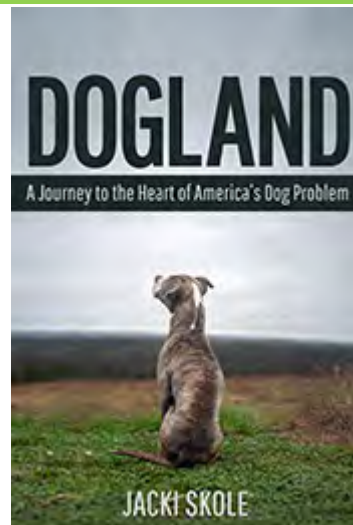
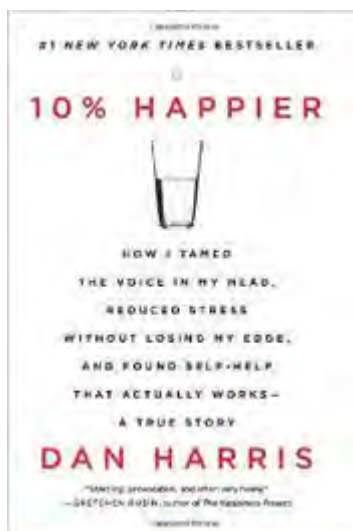
**Fulfilling Work**  
Regina Brett  
*Grand Central / Hachette Book Group*



**The Purpose Principles**  
Jake Ducey  
*Tarcher / Penguin RandomHouse*

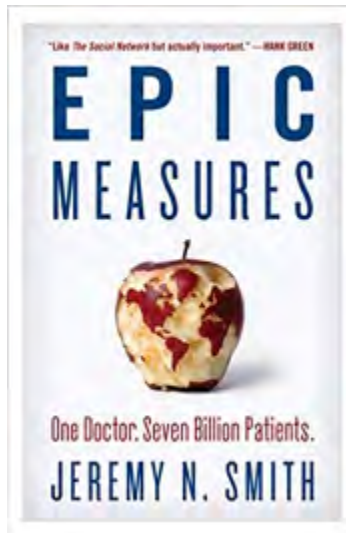
**Tame Your Inner Critic:  
Find Peace & Contentment to Live  
Your Life on Purpose**  
Della Temple  
*Llewellyn*

**JOURNALISM & INVESTIGATIVE REPORTING**



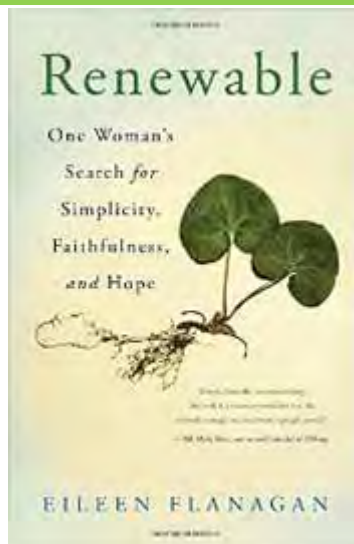
**10% Happier**  
Dan Harris  
*Dey Street / HarperCollins*

**Dogland:  
A Journey to the Heart of  
America's Dog Problem**  
Jacki Skole

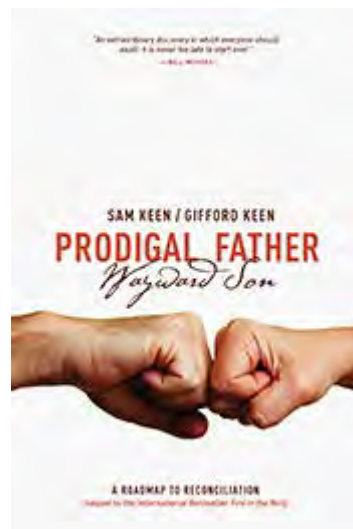


**Epic Measures**  
Jeremy N. Smith  
*HarperWave*

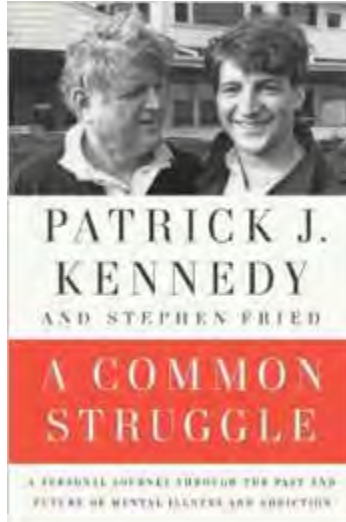
MEMOIR & PERSONAL JOURNEY



**Renewable:**  
**One Woman's Search for  
Simplicity, Faithfulness, & Hope**  
Eileen Flanagan  
*She Writes Press*

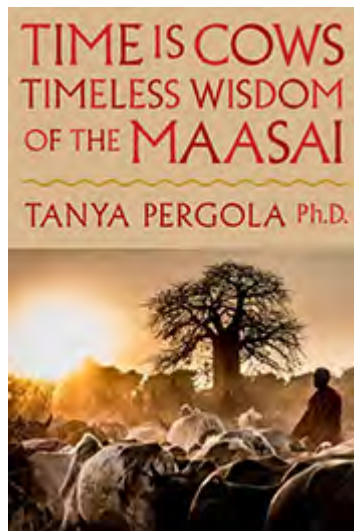


**Prodigal Father, Wayward Son**  
Sam Keen & Gifford Keen  
*Divine Arts*

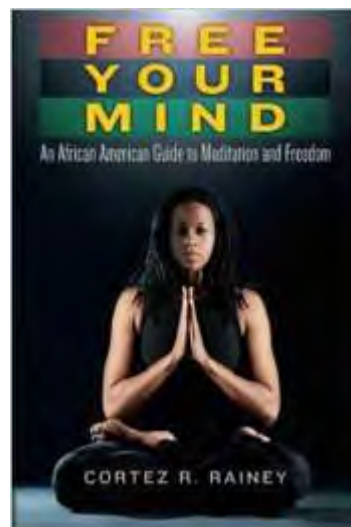


**A Common Struggle:  
Personal Journey through the Past & Future  
of Mental Illness & Addiction**  
Patrick J. Kennedy & Stephen Fried  
*Blue Rider Press / Penguin RandomHouse*

**MULTICULTURAL / INDIGENOUS**



**Time is Cows:  
Timeless Wisdom of the Maasai**  
Tanya Pergola  
*Oreteti Press*



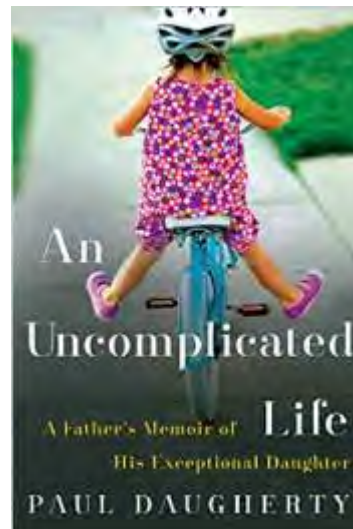
**Free Your Mind:  
An African-American Guide to  
Meditation & Freedom**  
Cortez R. Rainey  
*CreateSpace*



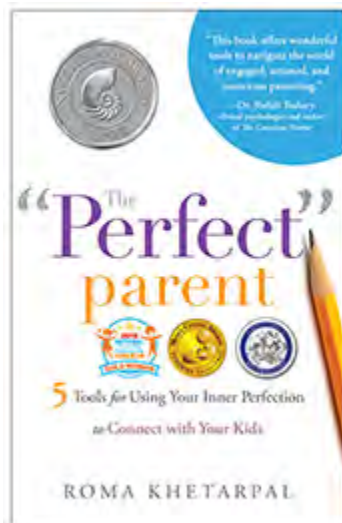
PARENTING & FAMILY



**Living what You Want Your Kids to Learn:  
the Power of Self-aware Parenting**  
Cathy Cassani Adams, LCSW  
*Be U, an imprint of Wyatt-MacKenzie*

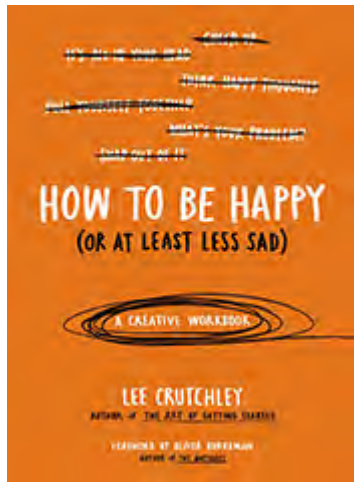


**An Uncomplicated Life**  
Paul Daugherty  
*William Morrow / HarperCollins*

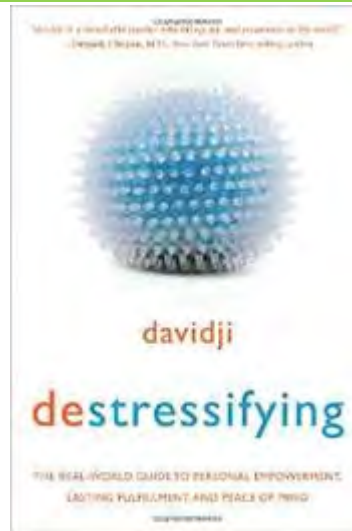


**The "Perfect" Parent**  
Roma Khetarpal  
*Greenleaf Book Group*

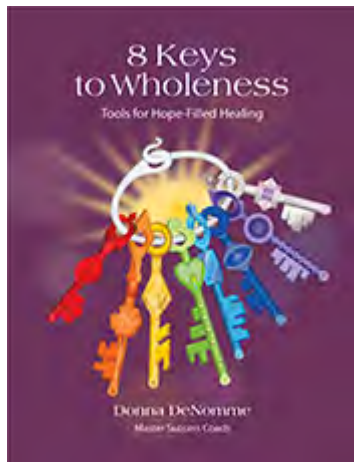
PERSONAL GROWTH & SELF HELP



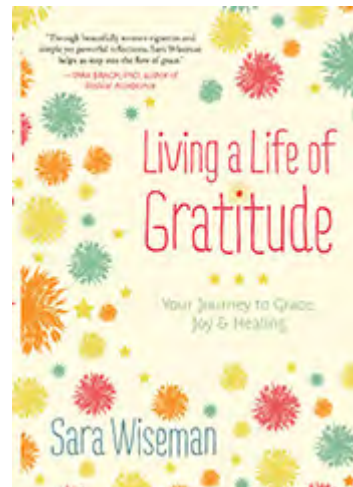
**How to Be Happy  
(Or at Least Less Sad)**  
Lee Crutchley  
*Perigee / Penguin RandomHouse*



**destressifying:  
The Real World Guide to  
Personal Empowerment**  
davidji  
*Hay House Publishing*

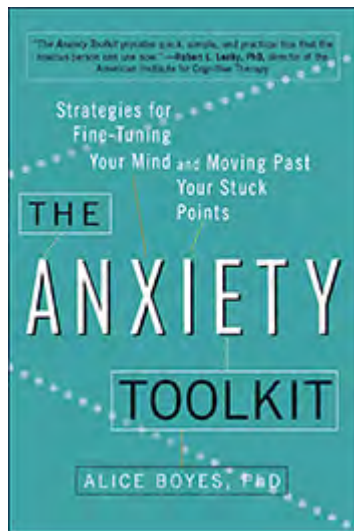


**8 Keys to Wholeness:  
Tools for Hope-Filled Healing**  
Donna DeNomme  
*Inlightened Source Publishing*

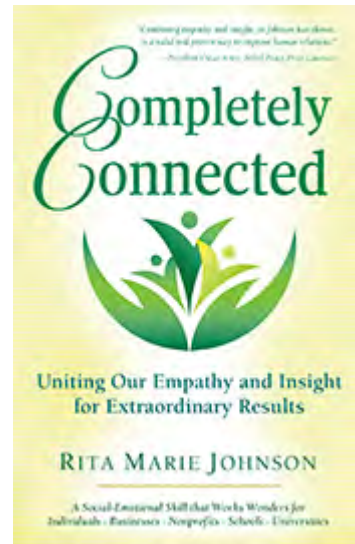


**Living a Life of Gratitude:  
Your Journey to Grace,  
Joy & Healing**  
Sara Wiseman  
*Llewellyn*

PSYCHOLOGY



**The Anxiety Toolkit**  
Alice Boyes, PhD  
*Perigee / Penguin RandomHouse*



**Completely Connected:  
Uniting Our Empathy and Insight**  
Rita Marie Johnson  
*Rasur Media*

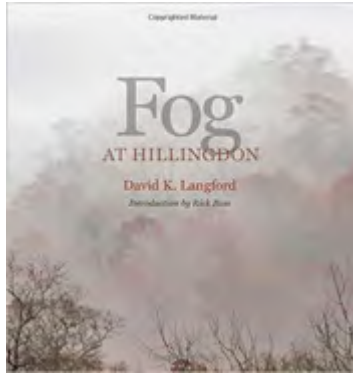


**Eat What You Love, Love What You Eat for Binge Eating:  
A Mindful Eating Program for Healing Your Relationship with Food**  
Michelle May MD & Kari Anderson DBH  
*Am I Hungry? Publishing*





PHOTOGRAPHY & ART



**Fog at Hillingdon**  
David K. Langford  
*TAMU: Texas A&M Univ.*

**2015 HONORARY WINNER FOR  
BEST SELF-PUBLISHED BOOK**



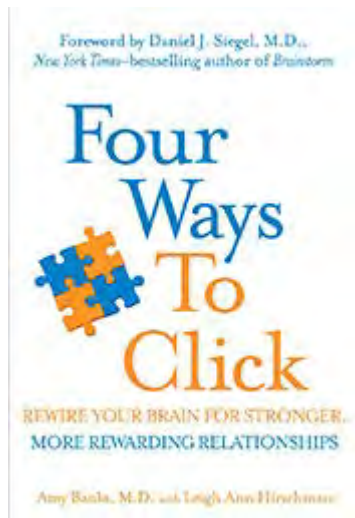
**Galloping to Freedom:  
Saving the Adobe Town Appaloosas**  
Carol Walker  
*Painted Hills Publishing*

POETRY



**RUMI: Soul Fury**  
Rumi: Translated by Coleman Barks  
*HarperOne*

RELATIONSHIPS & COMMUNICATION



**Four Ways to Click**  
Amy Banks & Leigh Ann Hirschman  
*Tarcher /Penguin RandomHouse*

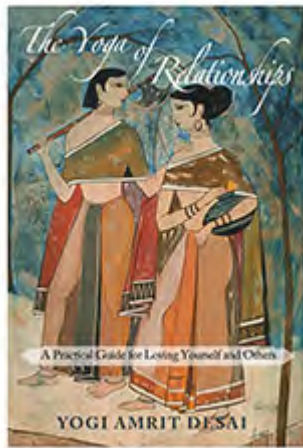


**Integration:**  
**The Power of being Co-active  
in work and life**  
Ann Betz & Karen Kimsey-House  
*Changemakers / John Hunt Publishing*

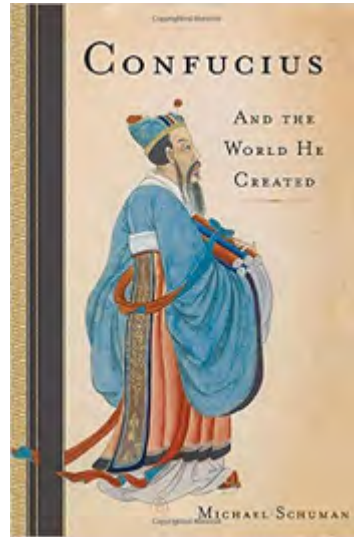


**Mirror of Intimacy:**  
**Daily Reflections on Emotional & Erotic Intelligence**  
Alexandra Katehakis & Tom Bliss  
*Center for Healthy Sex*

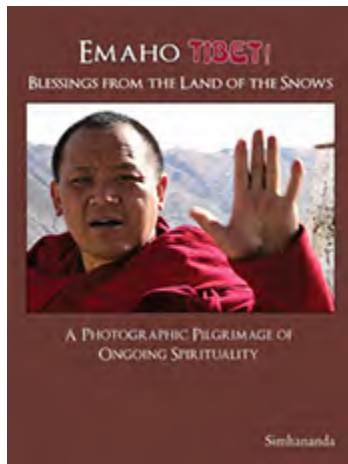
RELIGION / SPIRITUALITY OF EASTERN THOUGHT



**Yoga of Relationships**  
Yogi Amrit Desai  
*Monkfish Publishing*

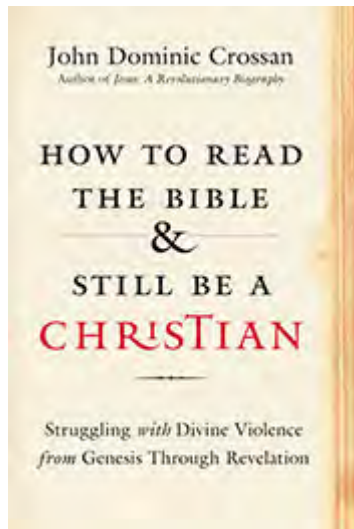


**Confucius and the World  
He Created**  
Michael Schuman  
*Basic Books*

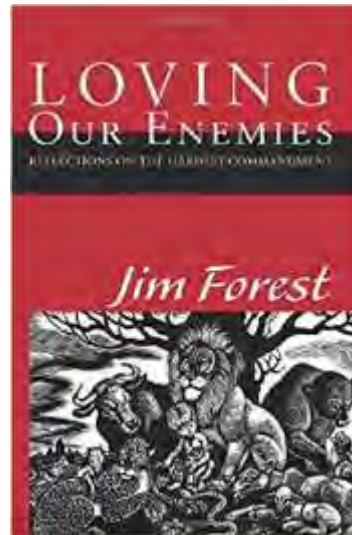


**Emaho Tibet! Blessings from the Land of the Snows**  
Simhananda  
*Orange Palm Publications*

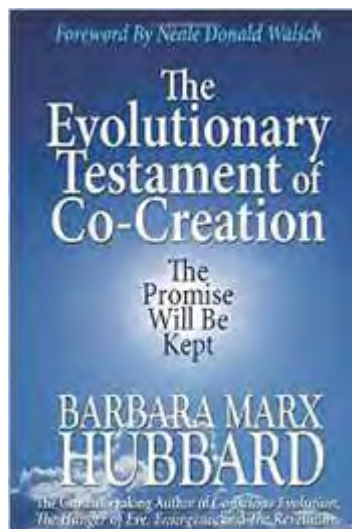
RELIGION / SPIRITUALITY OF WESTERN THOUGHT



**How to Read the Bible and Still Be a Christian**  
John Dominic Crossan  
*HarperOne*



**Loving Our Enemies: Reflections on the Hardest Commandment**  
Jim Forest  
*Orbis Books*

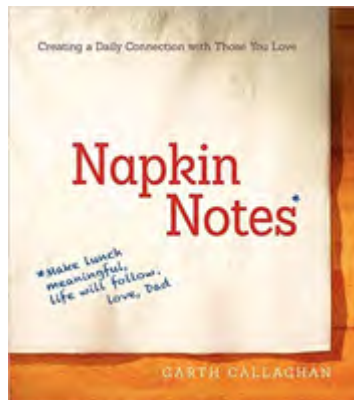


**Evolutionary Testament of Co-Creation**  
Barbara Marx Hubbard  
*Muse Harbor Publishing*

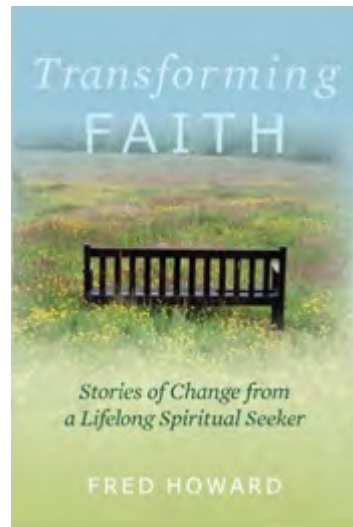


**The Artisan Soul: Crafting Your Life into a Work of Art**  
Erwin Raphael McManus  
*HarperOne*

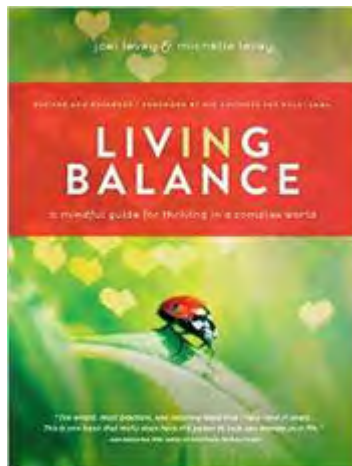
RELIGION / SPIRITUALITY OF OTHER TRADITIONS



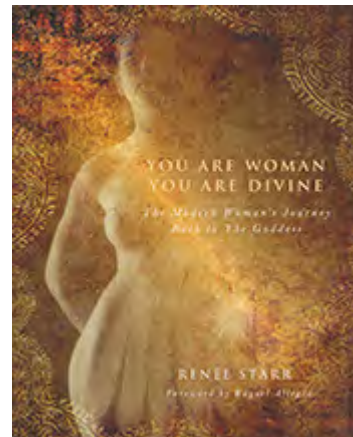
**Napkin Notes**  
Garth Callaghan  
*HarperOne*



**Transforming Faith:  
Stories of Change  
from a Lifelong Spiritual Seeker**  
Fred Howard  
*CreateSpace*



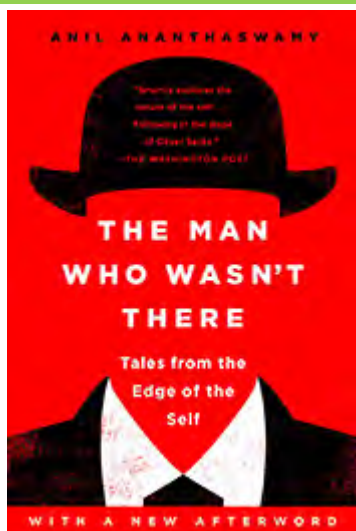
**Living in Balance**  
Joel Levey, & Michelle Levey  
*Divine Arts*



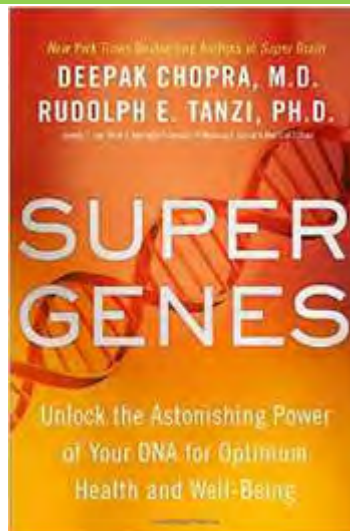
**You Are Woman, You Are Divine**  
Renee Starr  
*Over and Above Creative*



SCIENCE & COSMOLOGY



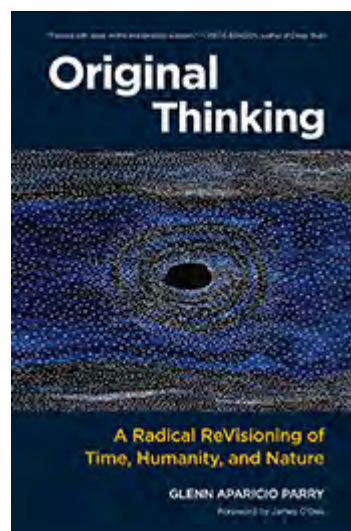
**The Man Who Wasn't There**  
Anil Ananthaswamy  
*Dutton /Penguin RandomHouse*



**Super Genes**  
Deepak Chopra & Rudolph Tanzi  
*Harmony Books*

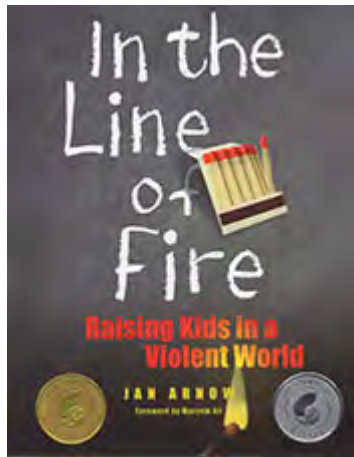


**Touch:**  
**The Science of Hand, Heart, & Mind**  
David J Linden  
*Viking /Penguin RandomHouse*



**Original Thinking:**  
**A Radical ReVisioning of  
Time, Humanity, & Nature**  
Glenn Aparicio Parry  
*North Atlantic Books / Berkeley*

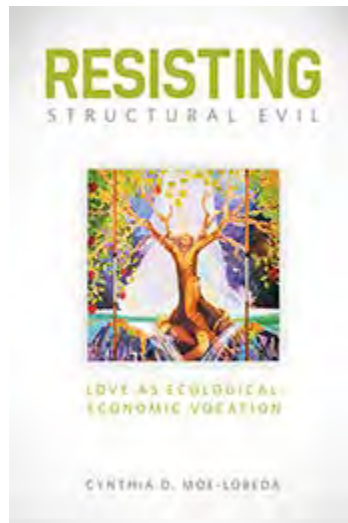
SOCIAL CHANGE



**In the Line of Fire:  
Raising Kids in a Violent World**  
Jan Arnow  
*Butler Books*

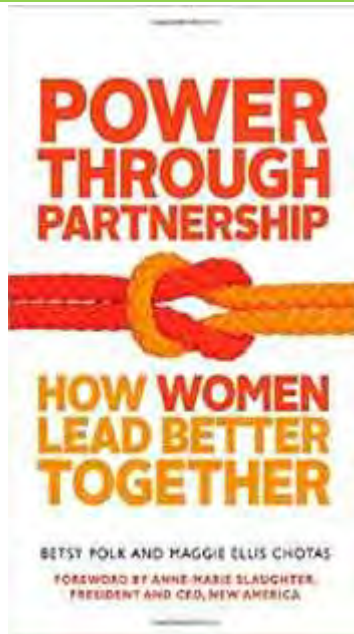


**The Shed That Fed a  
Million Children**  
Magnus MacFarlane-Barrow  
*Harper360*

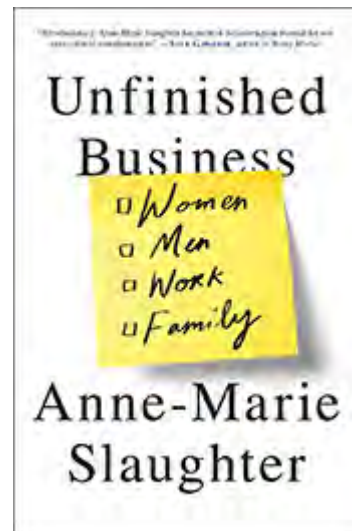


**Resisting Structural Evil:  
Love as Ecological-Economic Vocation**  
Cynthia D. Moe-Lobeda  
*Fortress Press*

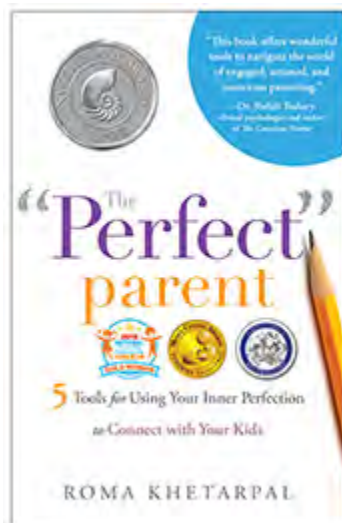
## WOMEN



**Power through Partnerships:  
How Women Lead Better Together**  
Betsy Polk; & Maggie Ellis Chotas  
*Berrett-Koehler Publishers*



**Unfinished Business:  
Women Men Work Family**  
Anne-Marie Slaughter  
*Random House Publishing Group*



**Fast Forward:  
How Women can Achieve Power and Purpose**  
Melanne Verveer & Kim K. Azzarelli  
*Houghton Mifflin Harcourt*

CHILDREN'S BOOKS

CHILDREN'S PICTURE BOOKS - FICTION



**Juneteenth for Mazie**  
Floyd Cooper  
*Capstone*



**What Does it Mean to Be Kind?**  
Rana DiOrio  
*Little Pickle Press*



**Lady Pancake & Sir French Toast**  
Josh Funk  
*Sterling Children's Books*



**The Color Monster**  
Anna Llenas  
*Sterling Children's Books*



**Your Alien**  
Tammi Sauer  
*Sterling Children's Books*

**CHILDREN'S PICTURE BOOKS - NONFICTION**

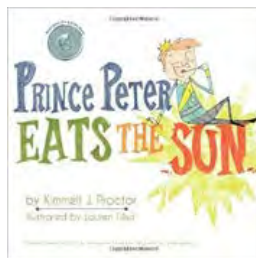


**Curious Critters Ohio**  
David FitzSimmons  
*Wild Iris Publishing*



**Orangutan:  
A Day in the Rainforest Canopy**  
Rita Goldner (author & illustrator)  
*Dancing Dakini Press*

**CHILDREN'S ILLUSTRATED - FICTION**



**Prince Peter Eats the Sun**  
Kimmell Proctor  
*Good Eats Teach / createspace*



**The Reading Promise**  
Troy Kent  
*Mascot Books*



**My Forgotten Self**  
Lynyetta G Willis  
*Inner Pathways*



**Red Socks Go with  
Absolutely Anything**  
Darla Woodley  
*SonShine Design*



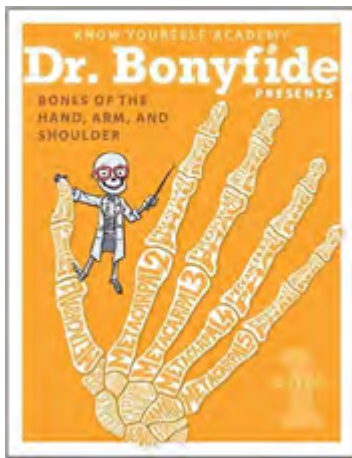
CHILDREN'S ILLUSTRATED - NONFICTION



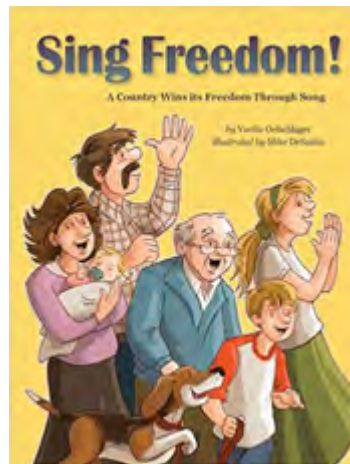
**Curious Critters Marine**  
David FitzSimmons  
*Wild Iris Publishing*



**Jars of Hope:  
How One Woman Helped Save 2,500  
Children During the Holocaust**  
Jennifer Roy  
*Capstone*



**Dr. Bonyfide Presents:  
Bones of the Hand, Arm and Shoulder**  
Know Yourself Academy team  
*Know Yourself Academy*

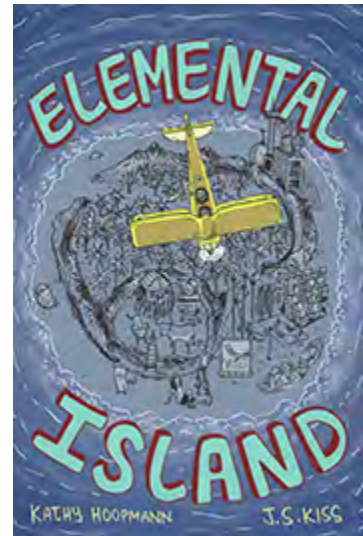


**Sing Freedom!  
A Country Wins its  
Freedom through Song**  
Vanita Oelschlager  
*Vanita Books*

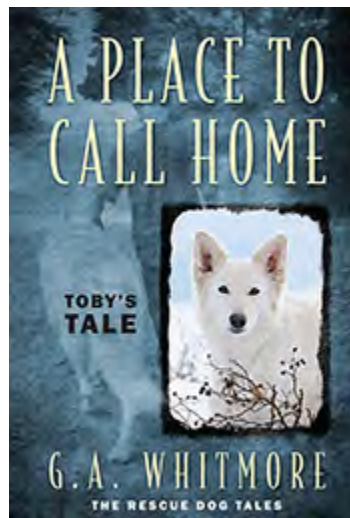
MIDDLE GRADE - FICTION



**Zack Delacruz:  
Me & My Big Mouth**  
Jeff Anderson  
*Sterling Children's Books*

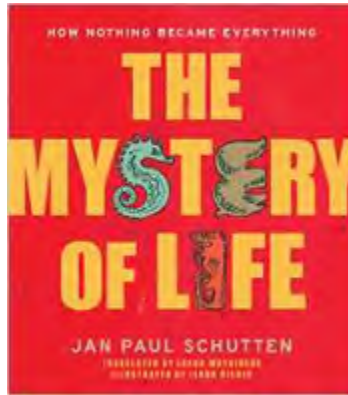


**Elemental Island**  
Kathy Hoopmann, & J.S.  
Kiss  
*Jessica Kingsley  
Publishers*



**A Place to Call Home:  
Toby's Tale**  
G.A. Whitmore  
*Outskirts Press*

MIDDLE GRADE - NONFICTION



**The Mystery of Life:  
How Nothing Became Everything**  
Jan Paul Schutten  
*BeyondWords /Atria Books*

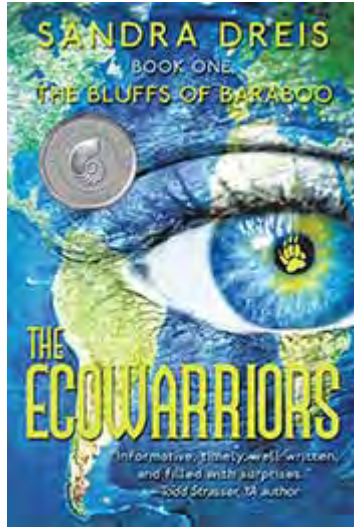
YOUNG ADULT - FICTION



**Atlantis in Peril**  
T.A. Barron  
*Philomel Books, Penguin RandomHouse*



**Shanti & the Magic Mandala**  
Fernando T. Camargo  
*Lodestone (John Hunt Publishing)*

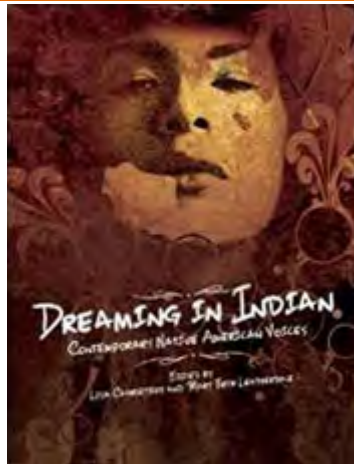


**The EcoWarriors:  
Book One - Bluffs of Baraboo**  
Sandra Dreis  
*i Universe*

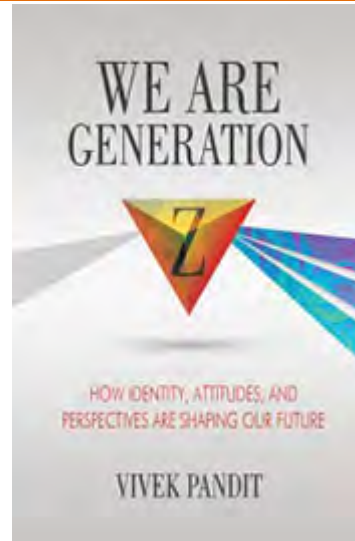


**In the Heart of a Mustang**  
M.J. Evans  
*Dancing Horse Press*

**YOUNG ADULT - NONFICTION**



**Dreaming in Indian:  
Contemporary Native American Voices**  
Lisa Charleyboy, & MaryBeth Leatherdale  
*Annick Press*



**We Are Generation Z**  
Vivek Pandit  
*Brown Books Publishing*





**Be A Changemaker:  
How to Start Something That Matters**  
Laurie Ann Thompson  
*BeyondWords /Atria Books*



**Magnificent Kids:  
23 Superheroes Who Are  
Changing the World**  
Kerryn Vaughan  
*CreateSpace*