

Award Winners 2022

|                 | ~ NAUTILUS BOOK AWARDS ~<br>2022 AWARD WINNERS by Category  |                     |  | note: Award Winners are listed for each category in Alpha order by Author Lastname |
|-----------------|---|---------------------|--|--|
| rev.<br>5-06-22 | BOOK TITLE / Subtitle   | Author<br>FirstName | Author LastName, &<br>Co-author        | Publisher  |
| <b>01,</b>      | <b>AGING CONSCIOUSLY</b>  |                     |  |  |
| <b>GOLD</b>     | <b>The Inner Work of Age</b>  | <b>Connie</b>       | <b>Zweig</b>                           | <b>Inner Traditions</b>  |
| SILVER          | Not Done Yet! How Women Over 50 Regain Their Confidence and Reclaim Their Workplace Power         | Bonnie              | Marcus                                 | Page Two Books   |
| SILVER          | Love After 50   | Francine            | Russo                                  | Simon & Schuster   |
| SILVER          | Put Your Money Where Your Heart Is  | Sue                 | Stevens                                | Frog Hollow Press  |
| SILVER          | Twenty Pieces: A Walk through Love, Loss and Midlife Reinvention                                  | Lisa                | Weldon                                 | Braugher Books   |
| SILVER          | The Science & Technology of Growing Young   | Sergey              | Young                                  | BenBella Books   |
| <b>02,</b>      | <b>ANIMALS &amp; NATURE</b>   |                     |  |  |
| <b>GOLD</b>     | <b>ROOTED: Life at the Crossroads of Science, Nature, and Spirit</b>                              | <b>Lyanda Lynn</b>  | <b>Haupt</b>                           | <b>Little, Brown Spark</b>   |
| <b>**</b>       | <b>GRAND WINNER - ROOTED: Life at the Crossroads</b>  |                     |  |  |
| <b>GOLD</b>     | <b>Fox &amp; I : An Uncommon Friendship</b>   | <b>Catherine</b>    | <b>Raven</b>                           | <b>Spiegel &amp; Grau</b>  |
| SILVER          | Orca: Shared Waters, Shared Home  | Lynda V.            | Mapes                                  | Braided River / Mountaineers Books   |
| SILVER          | MIGRATION: Exploring the Remarkable Journeys of Birds   | Melissa             | Mayntz; & Katy Christianson, Illust'r. | Quadrille / Hardie Grant   |
| SILVER          | Enter the Animal: Cross-Species Perspectives on Grief and Spirituality                            | Teya Brooks         | Pribac                                 | Sydney University Press  |
| SILVER          | The Chimpanzee Chronicles: Stories of Heartbreak and Hope from Behind the Bars                    | Debra               | Rosenman                               | Wild Soul Press  |
| SILVER          | The Heartbeat of Trees: Embracing Our Ancient Bond with Forests and Nature                        | Peter               | Wohlleben                              | Greystone Books  |
| <b>03,</b>      | <b>BODY ~MIND ~SPIRIT PRACTICES</b>   |                     |  |  |
| <b>GOLD</b>     | <b>The Infinite Staircase</b>   | <b>Geoffrey A.</b>  | <b>Moore</b>                           | <b>BenBella Books</b>  |
| <b>GOLD</b>     | <b>INNER ALCHEMY: the Path of Mastery</b>   | <b>Zulma</b>        | <b>Reyo</b>                            | <b>LightEn Publishing</b>  |
| SILVER          | Power of Energy Medicine: Your Natural Prescription for Resilient Health                          | Hilary              | Crowley                                | Skyhorse Publishing  |
| SILVER          | Healing Ourselves: Biofield Science and the Future of Health                                      | Shamini             | Jain PhD                               | Sounds True  |
| SILVER          | Water Up, Fire Down: An Energy Principle for Creating Calmness, Clarity, and a Lifetime of Health | Ilchi               | Lee                                    | Best Life Media  |
| <b>04A</b>      | <b>BUSINESS &amp; LEADERSHIP / Small Press &amp; Self-Publish</b>                                 |                     |  |  |
| <b>GOLD</b>     | <b>The Greater Good: Social Entrepreneurship for Everyday People Who Want to Change the World</b> | <b>Madeleine</b>    | <b>Shaw</b>                            | <b>Wonderwell</b>  |
| SILVER          | Frameshifting: Unleashing the Power of Frameworks to Fuel Collaboration and Solve Tough Problems  | Alison              | Heiser, & Mary O'Connor Shaw           | Route 10 Press   |
| SILVER          | Your Next Big Idea: Improve Your Creativity and Problem-Solving                                   | Samuel              | Sanders; & David Miles, Illustrator    | Heard Publishing   |
| SILVER          | Leading in a Social World: Stop social media marketing and build social capital instead           | R. Aaron            | Templer; & Sonja Calhoun               | Templer Tantrums LLC   |
| <b>04B</b>      | <b>BUSINESS &amp; LEADERSHIP / Large Publisher</b>  |                     |  |  |

|               | <b>~ NAUTILUS BOOK AWARDS ~<br/>2022 AWARD WINNERS by Category</b>  |                         |  | note: Award Winners are listed for each category in Alpha order by Author Lastname |
|---------------|---|-------------------------|--|--|
| <b>GOLD</b>   | <b>Boundless Leadership: The Breakthrough Method to Realize Your Vision, Empower Others &amp; Ignite Positive Change</b>                  | <b>Joe</b>              | <b>Loizzo; &amp; Elazar Aslan</b>                                      | <b>Shambhala Publications</b>  |
| <b>GOLD</b>   | <b>Mission Economy: A Moonshot Guide to Changing Capitalism</b>   | <b>Mariana</b>          | <b>Mazzucato</b>   | <b>Harper Business</b>   |
| <b>SILVER</b> | <b>Anxiety at Work: 8 Strategies to Help Teams Build Resilience</b>   | <b>Adrian</b>           | <b>Gostick, &amp; Chester Elton</b>                                    | <b>Harper Business</b>   |
| <b>SILVER</b> | <b>Redefining Rich</b>  | <b>Shannon</b>          | <b>Hayes</b>   | <b>BenBella Books</b>  |
| <b>SILVER</b> | <b>Lead. Care. Win: How to Become a Leader Who Matters</b>  | <b>Dan</b>              | <b>Pontefract</b>  | <b>Figure 1 Publishing</b>   |
| <b>SILVER</b> | <b>The Full Body Yes: Change Your Work and Your World from the Inside Out</b>   | <b>Scott</b>            | <b>Shute</b>   | <b>Page Two Books</b>  |
| <b>SILVER</b> | <b>Mindfulness without the Bells &amp; Beads: Unlocking Exceptional Performance, Leadership, and Well-being for Working Professionals</b> | <b>Clif</b>             | <b>Smith</b>   | <b>Wiley</b>   |
| <b>05,</b>    | <b>CREATIVITY &amp; INNOVATION</b>  |                         |  |  |
| <b>GOLD</b>   | <b>Purposeful Memoir as a Quest for a Thriving Future: Inspiration for Writers &amp; Seekers</b>  | <b>Jennifer</b>         | <b>Browdy PhD</b>  | <b>Green Fire Press</b>  |
| <b>GOLD</b>   | <b>Mystical Stitches</b>  | <b>Christi</b>          | <b>Johnson</b>   | <b>Storey Publishing</b>   |
| <b>SILVER</b> | <b>Wide Open Writing: Embrace Your Creative Genius</b>  | <b>Nancy</b>            | <b>Coleman</b>   | <b>WOW Rising / Minerva Rising Press</b>   |
| <b>SILVER</b> | <b>Will Write for Food: Pursue Your Passion and Bring Home the Dough Writing Recipes</b>  | <b>Dianne</b>           | <b>Jacob</b>   | <b>Hachette Go</b>   |
| <b>SILVER</b> | <b>Syncreate: A Guide to Navigating the Creative Process for Individuals, Teams, and Communities</b>                                      | <b>Melinda</b>          | <b>Rothouse, &amp; Charlotte Gullick; Dreux Carpenter, Illust'r.</b>   | <b>Mandorla Books</b>  |
| <b>06,</b>    | <b>ECOLOGY &amp; ENVIRONMENT</b>  |                         |  |  |
| <b>GOLD</b>   | <b>Thicker Than Water: Quest for Solutions to the Plastic Crisis</b>  | <b>Erica</b>            | <b>Cirino</b>  | <b>Island Press</b>  |
| <b>GOLD</b>   | <b>KINSHIP: Belonging in a World of Relations (5 vol. set)</b>  | <b>Gavin</b>            | <b>Van Horn, Robin Wall Kimmerer, &amp; John Hausdoerffer, editors</b> | <b>Center for Humans and Nature</b>  |
| <b>**</b>     | <b>SPECIAL HONORS AS BEST ANTHOLOGY: KINSHIP</b>  |                         |  |  |
| <b>SILVER</b> | <b>Wetlands in a Dry Land: More-Than-Human Histories of Australia's Murray-Darling Basin</b>  | <b>Emily</b>            | <b>O'Gorman</b>  | <b>Univ. of Washington Press</b>   |
| <b>SILVER</b> | <b>Back to Earth: What Life in Space Taught Me About Our Home Planet - and Our Mission</b>  | <b>Astronaut Nicole</b> | <b>Stott</b>   | <b>Hachette Book Group</b>   |
| <b>SILVER</b> | <b>Homewaters: A Human and Natural History of Puget Sound</b>   | <b>David B.</b>         | <b>Williams</b>  | <b>Univ. of Washington Press</b>   |
| <b>SILVER</b> | <b>100 Plants to Feed the Monarch</b>   | <b>—</b>                | <b>Xerces Society, OR</b>  | <b>Storey Publishing</b>   |
| <b>07A</b>    | <b>FICTION / Self-Pub, Small Press</b>  |                         |  |  |
| <b>GOLD</b>   | <b>Little Hours</b>   | <b>Lil</b>              | <b>Copan</b>   | <b>One Bird Books</b>  |
| <b>GOLD</b>   | <b>My Good Son</b>  | <b>Yang</b>             | <b>Huang</b>   | <b>Univ. New Orleans Press</b>   |
| <b>SILVER</b> | <b>Shoal Water</b>  | <b>Kip Robinson</b>     | <b>Greenthal</b>   | <b>Homebound Publications</b>  |
| <b>SILVER</b> | <b>A Girl Called Rumi</b>   | <b>Ari</b>              | <b>Honarvar</b>  | <b>Forest Ave Press</b>  |
| <b>SILVER</b> | <b>Hello, Rest of My Life</b>   | <b>Rick</b>             | <b>Lenz</b>  | <b>Chromodroid Press</b>   |
| <b>SILVER</b> | <b>Jaguar Paloma &amp; the Caketown Bar</b>   | <b>Jess</b>             | <b>Wells</b>   | <b>Mirador Publishing</b>  |
| <b>07B</b>    | <b>FICTION / Large Publisher</b>  |                         |  |  |

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|--|---|--------------|---|--|
| GOLD   | Once There Were Wolves  | Charlotte    | McConaghy                                   | Macmillan / Flatiron Books   |
| GOLD   | Give My Love to the Savages   | Chris        | Stuck                                       | Amistad / HarperCollins  |
| SILVER   | Sugar Birds: a novel  | Cheryl Grey  | Bostrom                                     | She Writes Press   |
| SILVER   | everyman: a novel   | M Shelly     | Conner                                      | Blackstone Publishing  |
| SILVER   | The Sacrifice Zone  | Roger        | Gottlieb                                    | Atmosphere Press   |
| SILVER   | The Sound Between the Notes   | Barbara Linn | Probst                                      | She Writes Press   |
| SILVER   | To Be Enlightened: a novel  | Alan J.      | Steinberg                                   | Adelaide Books   |
| 08,  | <b>FOOD, COOKING, &amp; HEALTHY EATING</b>  |              |   |  |
| GOLD   | Why We Cook: Women on Food, Identity, and Connection  | Lindsay      | Gardner                                     | Workman Publishing   |
| GOLD   | Spicebox Kitchen: Eat Well & Be Healthy with Globally Inspired, Vegetable-Forward Recipes   | Linda        | Shiue MD, Chef;<br>Foreword by Bryant Terry | Hachette Go  |
| SILVER   | Fantastic Fungi: Community Cookbook   | Eugenia      | Bone, editor                                | Insight Editions   |
| SILVER   | #eatmeatless  | Dr. Jane     | Goodall                                     | Weldon Owen  |
| SILVER   | The Moon Cycle Cookbook   | Devon        | Loftus, & Jenna Radomski                    | Storey Publishing  |
| SILVER   | Homebrewed Vinegar: How to Ferment 60 Delicious Varieties                                   | Kirsten K.   | Shockey                                     | Storey Publishing  |
| SILVER   | Soup Club: 80 Cozy Recipes for Creative, Plant-Based Soups and Stews to Share               | Caroline     | Wright; and Willow Heath                    | Andrews McMeel Publishing  |
| 09,  | <b>GIFT &amp; SPECIALTY</b>   |              |   |  |
| GOLD   | Happiness is an Imaginary Line in the Sand  | Thomas Lloyd | Qualls                                      | Homebound Publications   |
| **   | <b>SPECIAL HONORS AS BEST OF SMALL PRESS:</b><br>Happiness is an Imaginary Line in the Sand |              |   |  |
| GOLD   | The Power of Crystal Healing  | Uma          | Silbey                                      | Mandala Publishing / Insight Editions  |
| SILVER   | How Dreams Speak: An Interactive Journey Into Your Subconscious                             | Nicole       | Chilton                                     | Workman Publishing   |
| SILVER   | Goddess on Earth Oracle: A Divination Deck and Guidebook                                    | Lisa         | Levart                                      | Goddess on Earth   |
| SILVER   | Healing Trees: Pocket Guide to Forest Bathing   | Ben          | Page  | Mandala Publishing / Insight Editions  |
| SILVER   | Tarotpy: It's All in the Cards  | Lauren Z.    | Schneider MFT                               | New Insights Press   |
| SILVER   | Maia Toll's Wild Wisdom Companion: Season by Season   | Maia         | Toll; & Kate O'Hara, Illustrator            | Storey Publishing  |
| 10   | <b>GREEN/RESTORATIVE/SUSTAINABLE PRACTICES</b>  |              |   |  |
| GOLD   | SAVING US: A Climate Scientist's Case for Hope and Healing in a Divided World               | Katharine    | Hayhoe                                      | One Signal Publishers  |
| GOLD   | Resetting the Table: Straight Talk About the Food We Grow and Eat                           | Robert       | Paarlberg                                   | Alfred A. Knopf  |
| SILVER   | Planting a Seed: Three Simple Steps to Sustainable Living                                   | Kate         | Gaertner                                    | Page Two Books   |
| SILVER   | The Earth Cries Out: How Faith Communities Meet the Challenges of Sustainability            | Gary         | Gardner                                     | Orbis Books  |

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| SILVER    | Electrify: An Optimist's Playbook for Our Clean Energy Future                 | Saul              | Griffith                             | The MIT Press  |
| SILVER    | Winning the Green New Deal: Why We Must, How We Can                           | Varshini          | Prakash, & Guido Girgenti            | Simon & Schuster   |
| SILVER    | Plastic Free: The Inspiring Story of a Global Environmental Movement          | Rebecca           | Prince-Ruiz, & Joanna Atherfold Finn | Columbia Univ. Press   |
| SILVER    | After Cooling: On Freon, Global Warming, and the Terrible Cost of Comfort     | Eric Dean         | Wilson                               | Simon & Schuster   |
| <b>11</b> | <b>DEATH &amp; DYING / GRIEF &amp; LOSS</b>                                   |                   |                                      |  |
| GOLD      | Heartwood: The Art of Living with the End in Mind                             | Barbara           | Becker                               | Macmillian Publishers / Flatiron Press   |
| SILVER    | Widow's Moon: Healing, Hope & Self-Discovery through Grief and Loss           | Cara Hope         | Clark                                | Self-publish with consultant Geoff Affleck   |
| SILVER    | Overcoming Deepest Grief: A Woman's Journey                                   | Mary Aviyah       | Farkas                               | Self-publish with Ronni Saulo Literary   |
| SILVER    | A Soul Lives On: A Mother's Memoir of Grief, Astrology, and the Afterlife     | Reba              | Ferguson                             | Libra Moon Press   |
| SILVER    | Forget Prayers, Bring Cake: A single woman's guide to grieving                | Merissa N.        | Gerson                               | Mandala Publishing / Insight Editions  |
| SILVER    | Living Grieving: Using Energy Medicine to Alchemize Grief and Loss            | Karen V.          | Johnson                              | Hay House  |
| <b>12</b> | <b>HEALTH, HEALING &amp; WELLNESS</b>   |                   |                                      |  |
| GOLD      | Energetic Herbalism   | Kat               | Maier                                | Chelsea Green Publishing   |
| GOLD      | The Way of Miracles: Accessing Your Superconsciousness                        | Mark D.           | Mincolla PhD                         | Beyond Words Publishing  |
| SILVER    | This Day in Recovery: 365 Meditations   | Lane-Mairead      | Campbell, & Katie Kandarian-Morris   | Skinner House Books  |
| SILVER    | Pain Erasers: Complete Natural Medicine Guide                                 | Michelle Schoffro | Cook                                 | BenBella Books   |
| SILVER    | What Fresh Hell is This? Perimenopause, Menopause, Other Indignities, and You | Heather           | Corinna                              | Hachette Go  |
| SILVER    | Above the Din: Diary of the HepC Wonder Drugs                                 | Labar             | Laskie                               | HenschelHAUS Publishing  |
| SILVER    | Forgetting: The Benefits of Not Remembering                                   | Scott             | Small                                | Crown Publishing   |
| <b>13</b> | <b>HEROIC JOURNEYS</b>  |                   |                                      |  |
| GOLD      | From Shadows to Life: A Biography of the Cancer Survivorship Movement         | Judith L.         | Pearson                              | Lincoln Square Books   |
| SILVER    | Where You Are is Not <i>Who</i> You Are                                       | Ursula M.         | Burns                                | Amistad / HarperCollins  |
| SILVER    | Travel Bravely: A Family's Journey through Sickle Cell Disease                | Adejoke Lolade    | Ejiofor                              | Wise Ink Creative Publishing   |
| SILVER    | Two Pieces of Cloth: One Family's Story of the Holocaust                      | Joe               | Gold                                 | Page Two Books   |
| SILVER    | The Bark of the Cony: Not If, but How -a philosophy of Life                   | George Nash       | Smith & Sons                         | Self Published   |
| SILVER    | Small Miracles: The Inspiring Kids of Variety Village                         | Mike              | Strobel                              | North Channel Press  |
| <b>14</b> | <b>INNER PROSPERITY &amp; RIGHT LIVELIHOOD</b>                                |                   |                                      |  |
| GOLD      | Tickled: A Commonsense Guide to the Present Moment                            | Duff              | McDonald                             | Harper Business  |
| GOLD      | Sit Down to Rise Up   | Shelly            | Tygielski                            | New World Library  |

| ~ NAUTILUS BOOK AWARDS ~<br>2022 AWARD WINNERS by Category |   |                  |   |                                       |
|--|---|------------------|---|---------------------------------------|
| SILVER   | The Necktie and the Jaguar: A memoir to help you change your story and find fulfillment               | Carl             | Greer   | Chiron                                |
| SILVER   | Love Will Lead Us Home: Your Guide for the Journey  | Rick             | Nichols   | The Crane's Nest                      |
| SILVER   | Real Change: Mindfulness to Heal Ourselves and the World  | Sharon           | Salzberg  | Macmillan / Flatiron Books            |
| <b>15</b>  | <b>JOURNALISM &amp; INVESTIGATIVE REPORTING</b>   |                  |   |                                       |
| GOLD   | Arriving Today: From Factory to Front Door - Why Everything Has Changed About How and What We Buy     | Christopher      | Mims  | Harper Business                       |
| GOLD   | Undoing Drugs: The Untold Story of Harm Reduction and the Future of Addiction                         | Maia             | Szalavitz                                       | Hachette Go                           |
| SILVER   | Last Train to Auschwitz: French National Railways and the Journey to Accountability                   | Sarah            | Federman  | Univ. Wisconsin Press                 |
| SILVER   | The Kissing Bug: A True Story of a Family, an Insect, & a Nation's Neglect of a Deadly Disease        | Daisy            | Hernández                                       | Tin House                             |
| SILVER   | Nothing is Too Big to Fail: How the Last Financial Crisis Informs Today                               | Kerry            | Killinger, & Linda Killinger                    | Rosetta Books                         |
| SILVER   | Mutiny of Rage: The 1917 Camp Logan Riots and Buffalo Soldiers in Houston                             | Jaime            | Salazar   | Prometheus                            |
| <b>16A</b>   | <b>MEMOIR / Small Press, Self-Pub</b>   |                  |   |                                       |
| GOLD   | Fox Light: Magic Hidden in Plain Sight  | Susan Andra      | Lion  | Wild Vale Press                       |
| **   | SPECIAL HONORS AS BEST OF SELF-PUBLISHED:<br>Fox Light: Magic Hidden in Plain Sight                   |                  |   |                                       |
| GOLD   | What Was Said to Me: The Life of Sti'tum'atul'wut, a Cowichan Woman                                   | Ruby             | Peter, with Helene Demers                       | Royal BC Museum                       |
| SILVER   | Hillbilly Queer: a memoir   | J.R.             | Jamison   | The Facing Project Press              |
| SILVER   | Stubborn Grace: Faith, Mental Illness, and Demanding a Blessing                                       | Kate             | Landis  | Skinner House Books                   |
| SILVER   | Desert Chrome: Water, a Woman, and Wild Horses in the West  | Kathryn          | Wilder  | Torrey House Press                    |
| SILVER   | Brain Dance: My Journey with Invisible Illness, Second Chances, & the Wonders of Applied Neuroscience | Diane Grimard    | Wilson  | MindStir Media                        |
| <b>16B</b>   | <b>MEMOIR / Large Publisher</b>   |                  |   |                                       |
| GOLD   | World as Family: A Journey of Multi-Rooted Belongings   | Vishakha D.      | Desai   | Columbia Univ. Press                  |
| GOLD   | My Remarkable Journey   | Katherine        | Johnson, with Joylette Hylick & Katherine Moore | Amistad / HarperCollins               |
| SILVER   | Living and Loving in the Age of AIDS  | Derek            | Frost   | Watkins Publishing                    |
| SILVER   | The Woman Who Raised the Buddha: The extraordinary life of Mahaprajapati                              | Wendy            | Garling   | Shambhala Publications                |
| SILVER   | These Walls Between Us: A Memoir of Friendship Across Race and Class                                  | Wendy            | Sanford   | She Writes Press                      |
| SILVER   | Hollywood to the Himalayas  | Sadhvi Bhagawati | Saraswati                                       | Mandala Publishing                    |
| SILVER   | Just As I Am  | Cicely           | Tyson   | Amistad / HarperCollins               |
| SILVER   | Guardians of the Trees: A Journey of Hope Through Healing the Planet                                  | Kinari           | Webb  | Macmillan Publishers / Flatiron Books |
| <b>17</b>  | <b>MULTICULTURAL &amp; INDIGENOUS</b>   |                  |   |                                       |

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| GOLD       | Praying to the West: How Muslims Shaped the Americas   | Omar            | Mouallem                             | Simon & Schuster Canada  |
| GOLD       | The Last Nomad: Coming of Age in the Somali Desert   | Shugri Said     | Salh                                 | Algonquin Books  |
| SILVER     | Beyond Diversity   | Rohit           | Bhargava, & Jennifer Brown           | IdeaPress Publishing   |
| SILVER     | The Heartbeat of Iran: Real Voices of a Country and Its People   | Tara            | Kangarlou                            | Ig Publishing  |
| SILVER     | Terraform: Building a Better World   | —               | Propaganda                           | HarperOne /HarperCollins   |
| SILVER     | The Bumbling Traveller: Sketching the World  | Tom             | Schmidt                              | Kakibubu Media Ltd.  |
| <b>18</b>  | <b>PARENTING &amp; FAMILY</b>  |                 |                                      |  |
| GOLD       | Prizeworthy: How to Meaningfully Connect, Build Character, and Unlock the Potential of Every Child   | Mitch           | Abblett PhD                          | Shambhala Publications   |
| GOLD       | I Wish I'd Known: Young People, Drugs and Decisions  | Fiona           | Spargo-Mabbs                         | Sheldon Press  |
| SILVER     | Growing Your Family: Learn How to Flourish and Thrive as a Military Family   | Pearl Gifty     | Alimo                                | Koehler Books  |
| SILVER     | The DAD Connection: A Bridge to Your Children  | Scott           | Hanley                               | Floating Heart Press   |
| SILVER     | Motherhood: Facing and Finding Yourself  | Lisa            | Marchiano                            | Sounds True  |
| SILVER     | Raising Resilient Kids: 8 principles for bringing up healthy, happy, successful children who can overcome obstacles and thrive despite adversity | Rhonda          | Spencer-Hwang                        | Tyndale  |
| SILVER     | Becoming Us: The Couple's Guide to Parenthood  | Elly            | Taylor                               | Three Turtles Press  |
| <b>19A</b> | <b>PERSONAL GROWTH / Self-Pub, Small Press</b>   |                 |                                      |  |
| GOLD       | Awaken to Your True Self: Why You're Still Stuck and How to Break Through  | Andrew          | Daniel                               | MetaHeal   |
| GOLD       | Breakthrough: How to Overcome Doubt, Fear, and Resistance to Be Your Ultimate Creative Self  | Todd            | Mitchell                             | Owl Hollow   |
| SILVER     | Gay the Pray Away: Healing Your Life, Love, and Relationships  | Erika           | Allison                              | Self-Published   |
| SILVER     | Reflections on Being Your True Self in Any Situation   | Cheryl Lafferty | Eckl                                 | Flying Crane Press   |
| SILVER     | A NEW NOW: Your Guide to Mastering Wisdom Daily, Achieving Equilibrium, & Empowering Your Nobler Self  | Michael         | Goddart                              | Clear Path Press   |
| SILVER     | Still on Fire: Field Notes from a Queer Mystic   | Jan'            | Phillips                             | Unity Books  |
| SILVER     | The Quest of Rose: Cosmic Keys of Our Future Becoming  | Dr. Anneloes    | Smitsman, & Dr. Jean Houston         | Oxygen Publishing  |
| <b>19B</b> | <b>PERSONAL GROWTH / Large Publisher</b>   |                 |                                      |  |
| GOLD       | Shifting Shorelines: Messages from a Wiser Self  | Terry           | Helwig                               | Viva Editions  |
| GOLD       | Your Time to Thrive: End Burnout, Increase Well-being, and Unlock Your Full Potential  | Marina          | Khidekel, & editors of Thrive Global | Hachette Go  |
| SILVER     | The Hidden Power of Emotions: How to Activate Your Energy Field and Transform Your Life  | Melanie         | Dean PhD                             | Hay House  |
| SILVER     | Permission to Dream  | Chris           | Gardner                              | Amistad / HarperCollins  |
| SILVER     | I AM HERE: The Journey from Fear to Freedom  | Ashley          | LeMieux                              | HarperOne /HarperCollins   |
| SILVER     | IN/ACTION: Rethinking the Path to Results  | Jinny           | Uppal                                | New Degree Press   |
| <b>20</b>  | <b>PSYCHOLOGY</b>  |                 |                                      |  |
| GOLD       | Gender Trauma: Healing Cultural, Social, & Historical Gendered Trauma  | Alex            | Iantaffi, PhD LMFT                   | Jessica Kingsley Publishers  |

| ~ NAUTILUS BOOK AWARDS ~<br>2022 AWARD WINNERS by Category |  |             |  | note: Award Winners are listed for each category in Alpha order by Author Lastname |
|--|--|-------------|--|--|
| GOLD   | Nobody Knows the Trouble I've Seen   | Inger       | Burnett-Zeigler  | Amistad / HarperCollins  |
| SILVER   | From Survive to Thrive: Living Your Best Life with Mental Illness              | Margaret S. | Chisolm MD, with John Hanc; & Natasha Chugh, Illustrator | Johns Hopkins Univ. Press  |
| SILVER   | Calm Within the Storm: A Pathway to Everyday Resiliency                        | Dr. Robyne  | Hanley-Dafoe   | Page Two Books   |
| SILVER   | NOISE: A Flaw in Human Judgment  | Daniel      | Kahneman; Olivier Sibony, & Cass R. Sunstein             | Little, Brown Spark  |
| SILVER   | Soul Therapy: The Art and Craft of Caring Conversations                        | Thomas      | Moore  | HarperOne /HarperCollins   |
| 21   | PHOTOGRAPHY & ART  |             |  |  |
| GOLD   | KURA: Prophetic Messenger  | Richard     | Bresnahan  | Kura Book Publishing LLC   |
| GOLD   | Night on Earth: Photography by Art Wolfe                                       | Art         | Wolfe  | Earth Aware Editions   |
| SILVER   | The Art of Discovering Whales  | Larry       | Foster   | Whales Only Press  |
| SILVER   | A Life in Focus: The Photography of Graham Nash                                | Graham      | Nash   | Insight Editions   |
| SILVER   | Remember   | Roger       | Raepple  | Self   |
| SILVER   | Our National Monuments: America's Hidden Gems                                  | QT          | Luong, Sally Jewell, & Ian Shive                         | Terra Galleria Press   |
| 22A  | POETRY   |             |  |  |
| GOLD   | about: blank   | Tracy       | Fuad   | Univ. Pittsburgh Press / Pitt Poetry Series  |
| GOLD   | Call Us What We Carry: Poems   | Amanda      | Gorman   | Penguin Random House / Viking Books  |
| SILVER   | Whispers of the Soul: New and Selected Poems                                   | Patricia    | Greer  | Chiron Publications  |
| SILVER   | Ordinary Psalms  | Julia B.    | Levine   | LSU Press / LA State Univ.   |
| SILVER   | No, Love Is Not Dead   | Chris       | McCabe, editor   | Chambers   |
| SILVER   | I Am the Rage  | Dr. Martina | McGowan  | Sourcebooks  |
| SILVER   | To All the Magic in Me   | Pavita      | Singh MPH; & Mary K. Biswas, Illustrator                 | Publish Your Gift  |
| 22B  | LYRIC PROSE  |             |  |  |
| GOLD   | But She Still Flies: Poems and Paintings                                       | Jenny Noble | Anderson, & Emma Greenhill                               | Bird and Branch Press  |
| GOLD   | Paper Concert: A Conversation in the Round                                     | Amy         | Wright   | Sarabande Books  |
| SILVER   | The Accidental Reef and Other Ecological Odysseys in the Great Lakes           | Lynne       | Heasley; & Glenn Wolff, Illustrator                      | Michigan State Univ. Press   |
| SILVER   | When We Talk of Stolen Sisters   | Jessica     | Mehta  | Not a Pipe   |
| SILVER   | Call Me Athena: Girl From Detroit  | Colby Cedar | Smith  | Andrews McMeel Publishing  |
| 23   | RELATIONSHIPS & COMMUNICATION  |             |  |  |
| GOLD   | Friendshipping: The Art of Finding Friends, Being Friends, and Keeping Friends | Trin        | Garritano, & Jenn Bane                                   | Workman Publishing   |
| SILVER   | HUDDLE: How Women Unlock Their Collective Power                                | Brooke      | Baldwin  | Harper Business  |
| SILVER   | How to Communicate Effectively with Anyone, Anywhere                           | Raul        | Sanchez, & Dan Bullock; Rod Sanchez, Illustrator         | Red Wheel / Weiser   |

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| SILVER     | Untangling You: How can I be grateful when I feel so resentful?  | Kerry           | Howells  | Major Street Publishing  |
| SILVER     | Invitation to Intimacy: What the Marriage of two Couples-Therapists Reveals about Risk, Transformation and the Astonishing Healing Power of Intimacy | Judy            | Tiesel-Jensen                                      | Et Alia Press  |
| <b>24A</b> | <b>RELIGION-SPIRITUALITY / Eastern Traditions</b>  |                 |  |  |
| GOLD       | Destroyer of Sorrow: Illustrated Series based on the Ramayana  | Vrinda          | Sheth  | Mandala Publishing   |
| GOLD       | The Garden of Flowers and Weeds: New translation and commentary on the Blue Cliff Record   | Matthew Juksan  | Sullivan   | Monkfish Book Publishing   |
| SILVER     | Adventure in Zanskar   | Amy             | Edelstein  | Emergence Education Press  |
| SILVER     | Mindfulness: Walking with Jesus and Buddha   | Sister Annabel  | Laity  | Orbis Books  |
| SILVER     | Words of Wisdom  | —               | Ram Dass   | Mandala Publishing   |
| <b>24B</b> | <b>RELIGION-SPIRITUALITY / Western Traditions</b>  |                 |  |  |
| GOLD       | Sacred Earth, Sacred Soul  | John Philip     | Newell   | HarperOne /HarperCollins   |
| GOLD       | The Hours of the Universe: Reflections on God, Science, and the Human Journey  | Ilia            | Delio, OSF   | Orbis Books  |
| SILVER     | A Pilgrimage of Paradoxes: A Backpacker's Encounters with God and Nature   | Mark            | Clavier  | Bloomsbury Publishers  |
| SILVER     | Not So Black and White: An Invitation to Honest Conversation about Race and Faith  | Reggie          | Dabbs, & John Driver                               | Zondervan  |
| SILVER     | Saint Hildegard: Ancient Insights for Modern Seekers   | Susan           | Garthwaite   | She Writes Press   |
| SILVER     | Wholehearted Faith   | Rachel Held     | Evans, with Jeff Chu                               | HarperOne /HarperCollins   |
| SILVER     | The Divine Heart: Seven Ways to Live in God's Love   | Colette         | Lafia  | Monkfish Book Publishing   |
| SILVER     | The Mystery Tradition of Miraculous Conception: Mary and the Lineage of Virgin Births  | Marguerite Mary | Rigoglioso PhD                                     | Inner Traditions   |
| <b>24C</b> | <b>RELIGION-SPIRITUALITY / Other Traditions</b>  |                 |  |  |
| GOLD       | Becoming Medicine: Pathways of Initiation into a Living Spirituality   | David R.        | Kopacz MD, & Joseph Rael (Beautiful Painted Arrow) | Condor and Eagle Press   |
| SILVER     | Divine Sparks: Interfaith Wisdom for a Postmodern World  | Starr Regan     | DiCiurcio  | DartFrog Plus  |
| SILVER     | Artist Shaman Healer Sage  | Katherine       | Skaggs, author & illustrator                       | Satiama Publishing   |
| SILVER     | Symbol and Synchronicity: Learning the Soul's Language in Dreams and Waking Life   | Julie           | Loar   | Satiama Publishing   |
| SILVER     | Fat Moons and Hunger Moons: Turn of the Seasons for Northwoods Natives   | Tamarack        | Song, & Moses (Amik) Beaver                        | Snow Wolf Publishing   |
| <b>25</b>  | <b>SCIENCE &amp; COSMOLOGY</b>   |                 |  |  |
| GOLD       | Of Sound Mind: How Our Brain Constructs a Meaningful Sonic World   | Nina            | Kraus  | The MIT Press  |
| GOLD       | How to Talk to a Science Denier: Conversations with Flat Earthers, Climate Deniers, and others   | Lee             | McIntyre   | The MIT Press  |
| SILVER     | The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe   | Jeremy          | Lent   | New Society Publisher  |
| SILVER     | Brain Fever: How Vaccines Prevent Meningitis and Other Killer Diseases   | Richard         | Moxon  | World Scientific Publishing  |



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|-------------|---|------------------------|---|--|
| SILVER      | Smarter Tomorrow: How 15 minutes of Neurohacking a Day can Help You   | Elizabeth R.           | Ricker  | Little, Brown Spark  |
| SILVER      | The Science of Channeling   | Helané                 | Wahbeh ND   | New Harbinger Pub. / Reveal Press  |
| <b>26</b>   | <b>SOCIAL SCIENCES &amp; EDUCATION</b>  |                        |   |  |
| <b>GOLD</b> | <b>Worldwise Learning: A Teacher's guide to Shaping a Sustainable Future</b>  | <b>Carla</b>           | <b>Marschall, &amp; Elizabeth O. Crawford</b>   | <b>Corwin / SAGE</b>   |
| SILVER      | The Power of US   | Jay                    | Van Bavel, & Dominic J. Packer  | Little, Brown Spark  |
| SILVER      | FLOW Learning, Opening Heart and Spirit through Nature  | Joseph Bharat          | Cornell   | Crystal Clarity Publishers   |
| SILVER      | Minding Bodies: how physical space, sensation, and movement affect learning   | Susan                  | Hrach   | West Virginia Univ. Press  |
| SILVER      | Media Reform and the Climate Emergency: Rethinking Communication in the Struggle for a Sustainable Future                           | David J.               | Park  | Univ. Michigan Press   |
| SILVER      | Make Good the Promises  | Kinshasha Holman       | Conwill, and Paul Gardullo  | Amistad / HarperCollins  |
| <b>27</b>   | <b>SOCIAL CHANGE &amp; SOCIAL JUSTICE</b>   |                        |   |  |
| <b>GOLD</b> | <b>Wallet Activism</b>  | <b>Tanja</b>           | <b>Hester</b>   | <b>BenBella Books</b>  |
| <b>GOLD</b> | <b>The Wake Up: Closing the Gap Between Good Intentions and Real Change</b>   | <b>Michelle Mijung</b> | <b>Kim</b>  | <b>Hachette Go</b>   |
| SILVER      | After You Vote: A Woman's Guide to Making an Impact   | Courtney               | Emerson   | BenBella Books   |
| SILVER      | Broke in America: Seeing, Understanding, and Ending U.S Poverty   | Joanne Samuel          | Goldblum, & Colleen Shaddox   | BenBella Books   |
| SILVER      | Refusing Death: Immigrant Women and the Fight for Environmental Justice in LA   | Nadia Y.               | Kim   | Stanford Univ. Press   |
| SILVER      | This Is the Fire  | Don                    | Lemon   | Little, Brown & Co.  |
| SILVER      | The End of Bias: A Beginning; The Science and Practice of Overcoming Unconscious Bias   | Jessica                | Nordell   | Metropolitan Books / Henry Holt & Co.  |
| <b>28</b>   | <b>WORLD CULTURES' GROWTH &amp; DEVELOPMENT</b>   |                        |   |  |
| <b>GOLD</b> | <b>Towards a Natural Social Contract: Transformative Social-Ecological Innovation for a Sustainable, Healthy &amp; Just Society</b> | <b>Patrick</b>         | <b>Huntjins</b>   | <b>Springer</b>  |
| <b>GOLD</b> | <b>The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe</b>                             | <b>Jeremy</b>          | <b>Lent</b>   | <b>New Society Publisher</b>   |
| SILVER      | World as Family   | Vishakha               | Desai   | Columbia Univ. Press   |
| SILVER      | Indigenomics: Taking a Seat at the Economic Table   | Carol Anne             | Hilton MBA  | New Society Publisher  |
| SILVER      | The Finger of God: from the Lineage of David to the Presidency of the United States   | Jesse L.               | Jackson, Jr.  | Archway Publishing   |
| SILVER      | I Miss the Rain in Africa: Peace Corps as a Third Act   | Nancy Daniel           | Wesson  | Modern History Press   |
| <b>29</b>   | <b>RISING TO THE MOMENT</b>   |                        |   |  |
| <b>GOLD</b> | <b>Our Changing Menu: Climate Change and the Foods We Love and Need</b>   | <b>Michael P.</b>      | <b>Hoffmann, Carrie Koplinka-Loehr, Danielle Eiseman; &amp; Lindsey Potoff, Illust'r.</b> | <b>Cornell Univ. Press</b>   |
| <b>GOLD</b> | <b>Universal Human: Creating Authentic Power and the New Consciousness</b>  | <b>Gary</b>            | <b>Zukav</b>  | <b>Atria Books</b>   |
| <b>**</b>   | <b>SPECIAL HONORS FOR EXCEPTIONAL CONTRIBUTION: Gary Zukav - Universal Human</b>  |                        |   |  |

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| SILVER      | We Are Each Other's Harvest: Celebrating African American Farmers, Land, and Legacy         | Natalie           | Baszile  | Amistad / HarperCollins  |
| SILVER      | Restart: Designing a Healthy Post-Pandemic Life   | doreen            | dodgen-magee   | Rowman & Littlefield   |
| SILVER      | Lyrica's Journey of Ascension: A Nonverbal Autistic Finds Her Power, Peace, and Purpose     | Lyrica            | Marquez, & Gayle Lee                                 | Miale LLC  |
| SILVER      | Worldwise Learning: A Teacher's guide to Shaping a Sustainable Future                       | Carla             | Marschall, & Elizabeth Crawford                      | Corwin / SAGE  |
| SILVER      | Global Unitive Healing: Integral Skills for Personal and Collective Transformation          | Elena             | Mustakova  | Light on Light Press & Sacred Stories Publishing                                   |
| <b>30A</b>  | <b>PICTURE BOOKS / Fiction</b>  |                   |  |  |
| <b>GOLD</b> | <b>The Rescuer of Tiny Creatures</b>  | <b>Curtis</b>     | <b>Manley; &amp; Lucy Ruth Cummins, Illust'r.</b>    | <b>Roaring Brook Press</b>   |
| SILVER      | The Jar Menagerie   | Monica            | Babich; & C.S. Fritz, Illust'r.                      | Self-Published   |
| SILVER      | Ping Meets Pang: A story of otherness, differences, and friendship                          | Mary Jane         | Begin, author & Illust'r.                            | Wyatt-MacKenzie  |
| SILVER      | The Power of Gratitude: Unlocking Hidden Treasures  | Ruth              | Maille; & Pardeep Mehra, Illust'r.                   | Self-Published   |
| SILVER      | Wiggles, Stomps, & Squeezes Calm My Jitters Down: A picture book celebrating neurodiversity | Lindsey Rowe      | Parker; & Rebecca Burgess, Illust'r.                 | BQB Publishing   |
| SILVER      | The Night the Monsters Came   | Junia             | Wonders; & Lisa Ciccone, Illust'r.                   | Gmuer Verlag   |
| <b>30B</b>  | <b>PICTURE BOOKS / Non-Fiction</b>  |                   |  |  |
| <b>GOLD</b> | <b>SEEDS</b>  | <b>Carme</b>      | <b>Lemniscates</b>                                   | <b>Candlewick Studio</b>   |
| SILVER      | Chi Chi the Rescue Dog: Never Give Up   | Elizabeth         | Howell; & Blayne Fox, Illust'r.                      | Brown Books Kids   |
| SILVER      | One Drop, Endless Ripples   | Jayshree L.       | Patel; & Alexandra McLellan, Illust'r.               | Ripple Press   |
| SILVER      | Have You Ever Wondered What You Will Be?  | Junia             | Wonders; & Chiara Nasi, Illust'r.                    | Gmuer Verlag   |
| <b>31A</b>  | <b>CHILDREN'S ILLUSTRATED / Fiction</b>   |                   |  |  |
| <b>GOLD</b> | <b>Because You Are Here</b>   | <b>Dr. Yasmin</b> | <b>Salleh; &amp; Amanda Merrifield, Illust'r.</b>    | <b>Kook Village Pty Ltd.</b>   |
| <b>**</b>   | <b>SPECIAL HONORS AS BEST OF CHILDREN'S BOOKS: Because You Are Here</b>                     |                   |  |  |
| <b>GOLD</b> | <b>Eala: Mother Swan / La Madre Cisne</b>   | <b>Ayn Cates</b>  | <b>Sullivan; &amp; Paige Ozma Ashmore, Illust'r.</b> | <b>Infinite Light Publishing &amp; Media</b>                                       |
| SILVER      | I Love You, Fiorella, Flaws and All !   | Cindy A.          | Bell; & Emily House, Illust'r.                       | Suzy and Scout Publishing  |
| SILVER      | Little Mountain   | Caryn             | Hartman; & Lynsi Godwin, Illust'r.                   | Pema Publishing  |
| SILVER      | Desmond Gets Free   | Matt              | Meyer; & Khim Fam, Illust'r.                         | Skinner House Books  |
| SILVER      | Finding God in All I See, Finding God in You and Me   | MaryEllen         | Weber; & Kari Vick, Illust'r.                        | Beaver's Pond Press  |
| SILVER      | Evie and the Bushfire   | Becky             | Westbrook; & Jet James, Illust'r.                    | Stormbird Press  |

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| <b>31B</b>    | <b>CHILDREN'S ILLUSTRATED / Non-Fiction</b>                                      |              |   |  |
| <b>GOLD</b>   | Monarch Butterflies  | Ann          | Hobbie, author & Illust'r.                                | Storey Publishing  |
| <b>GOLD</b>   | WATER: A Deep Dive of Discovery  | Christy      | Mihaly; & Mariona Cabassa, Illust'r.                      | Barefoot Books   |
| <b>SILVER</b> | Sounds All Around: A Guide to Onomatopoeias Around the World                     | Dr. James    | Chapman   | Andrews McMeel Publishing  |
| <b>SILVER</b> | Planet Power: Explore the World's Renewable Energy                               | Stacy P.     | Clark; & Annalisa Beghelli, Illust'r.                     | Barefoot Books   |
| <b>SILVER</b> | Under the Stars: Astrophysics for Everyone                                       | Lisa         | Harvey-Smith; & Mel Matthews, Illust'r.                   | World Scientific Publishing  |
| <b>SILVER</b> | Who Needs a Forest Fire?   | Paula        | Henson; & Sue Todd, Emily Underwood, Illustrators         | Terra Bella Books  |
| <b>32</b>     | <b>MID-GRADES / Fiction</b>  |              |   |  |
| <b>GOLD</b>   | Everything Together: A Second Dad Wedding  | Benjamin     | Klas; & Fan Arroyo, Illust'r.                             | One Elm Books / Red Chair Press  |
| <b>GOLD</b>   | The S.O.U.R.C.E.   | Suzanna L.   | Royse; & Jo Gershman, Tara Larsen Chang, Illustrators     | Fulton Books   |
| <b>SILVER</b> | Barefoot Dreams of Petra Luna  | Alda P.      | Dobbs   | Sourcebooks  |
| <b>SILVER</b> | The Crown of Light: An Ancient Legend, A Lovestruck Heroine, A Journey for Peace | Rivera       | Sun   | Rising Sun Press Works   |
| <b>33</b>     | <b>MID-GRADES / Non-Fiction</b>  |              |   |  |
| <b>GOLD</b>   | Hear My Voice / Escucha mi voz   | Warren       | Binford   | Workman Publishing   |
| <b>GOLD</b>   | Earth's Incredible Oceans  | Jess         | French, & Claire McElfatrick                              | DK / division of Penguin Random House  |
| <b>GOLD</b>   | Rise Up: Ordinary Kids with Extraordinary Stories                                | Amanda       | Li, and Amy Blackwell                                     | Andrews McMeel Publishing  |
| <b>SILVER</b> | Be the Dragon: 9 Keys to Unlocking Your Inner Magic                              | Catherine J. | Manning; & Melanie Demmer, Illust'r.                      | Workman Publishing   |
| <b>SILVER</b> | The One and Only You! How to Be Your Best, Truest, You-est You                   | Nicole Jon   | Sievers; Darcy Cline, Illust'r, Ruth Matinko-Wald, editor | Imaginal Discs Press   |
| <b>34</b>     | <b>YOUNG ADULT / Fiction</b>   |              |   |  |
| <b>GOLD</b>   | Up All Night: 13 Stories between Sunset and Sunrise                              | Laura        | Silverman, editor   | Algonquin Young Readers  |
| <b>SILVER</b> | Lincoln in Springfield   | Jan'         | Jacobi  | Reedy Press  |
| <b>SILVER</b> | The Dreamcatcher Codes   | Barbara      | Newman  | Green Writers Press  |
| <b>SILVER</b> | FEDOR [Historical Fiction]   | Brant        | Vickers   | Atmosphere Press   |
| <b>35</b>     | <b>YOUNG ADULT / Non-Fiction</b>   |              |   |  |
| <b>GOLD</b>   | EARTH Will Survive * But we may not  | Katie        | Coppens   | Tumblehome, Inc.   |
| <b>GOLD</b>   | Diary of a Young Naturalist  | Dara         | McAnulty  | Ebury Press  |
| <b>**</b>     | <b>SPECIAL HONORS AS BEST OF MID-GRADE &amp; YA: Diary of a Young Naturalist</b> |              |   |  |
| <b>SILVER</b> | Bias is All Around You: A Handbook for Inspecting Social Media & News Stories    | Erik         | Bean; & Gail Gorske, Illust'r.                            | Healthy Mind Express   |

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| SILVER   | Becoming Who You Are: Beautiful Painted Arrow's Life Lessons                | Joseph | Real (Beautiful Painted Arrow)   | Condor and Eagle Press   |
| SILVER   | The <i>Joy of Writing</i> Journal: Spark Your Creativity in 8 Minutes a Day | Lisa   | Tener; design by Tamara Monosoff | Prosperity House Media   |
| SILVER   | You Don't Have to Be Everything: Poems for Girls Becoming Themselves        | Diana  | Whitney, editor                  | Workman Publishing   |
| SILVER   | 100 Plants to Feed the Monarch  | —      | Xerces Society                   | Storey Publishing  |
| Thanks for supporting <i>Better Books for a Better World</i> ! |   |        |                                  |  |