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
 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
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
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

Homemade Beauty
Annie Strole
Perigee /Penguin RandomHouse

Buckminster Fuller:
Poet of Geometry
Cole Gerst
Overcup Press

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

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

Cortez R. Rainey
CreateSpace
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*
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
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
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
Power through Partnerships: How Women Lead Better Together
Betsy Polk; & Maggie Ellischotzas
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 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
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*
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
iUniverse

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

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