

NAUTILUS BOOK AWARDS	note: Award Winners are listed within each category Alphabetically by Author's last name.			
rev: 4-23-19	BOOK TITLE	Author	Author / lastname, & co-author	Publisher
01,	AGING CONSCIOUSLY			
GOLD	Aging of Aquarius, The: Igniting Passion & Purpose as an Elder	Helen	Wilkes	New Society Publishers
SILVER	Life's Final Season: A Guide for Aging and Dying with Grace	Richard P	Holm, MD	Self
SILVER	Memory Activity Book	Helen	Lambert	DK /with AARP
SILVER	Women of a Certain Age	Jodie	Moffat; Maria Scoda; & Susan L Sullivan	Fremantle Press /Australia Council for Arts
02,	ANIMALS and NATURE			
GOLD	Rescuing Ladybugs: Inspirational Encounters with Animals that Changed the World	Jennifer	Skiff	New World Library
SILVER	Innumerable Insects - Natural Histories	Michael S	Engel	Sterling Publishing
SILVER	Forest Bathing Retreat	Hannah	Fries	Storey Publishing
SILVER	Butterfly Pavilion, The	James	Lowen	Carlton Books
SILVER	Caribou Rainforest: From Heartbreak to Hope	David	Moskowitz	Braided River /Mountaineers Books
03,	BODY ~MIND ~SPIRIT PRACTICES			
GOLD	Illustrated Herbiary: Guidance & Rituals from 36 Bewitching Botanicals	Maia	Toll; & Kate O'Hara, Illust'r	Storey Publishing
SILVER	Bless This House: Creating Sacred Space Where You Live, Work, & Travel	Mama Donna	Henes	Ixia Press / Dover Pubs.
SILVER	Yoga Wisdom: Warrior Tales Inspiring You On & Off Your Mat	Stephanie	Spence	Skyhorse Publishing
SILVER	Every Body Yoga	Jessamyn	Stanley	Workman Publishing
04,	BUSINESS & LEADERSHIP			
GOLD	Chief Joy Officer	Rich	Sheridan	Portfolio /PenguinRandomHouse
SILVER	No More Feedback: Cultivate Consciousness at Work	Carol	Sanford	Interoctave
SILVER	Humble Leadership	Edgar H	Schein; & Peter A Schein	Berrett-Koehler Publishers
SILVER	Taming Your Crocodiles:	Hylke	Faber	Ixia Press / Dover Pubs.
SILVER	Questions Are the Answer	Hal	Gregersen	Harper Business
05,	CREATIVE PROCESS			
GOLD	Telling Image, The: Shapes of Changing Times	Lois Farfel	Stark	Green Leaf Book Group
SILVER	Living Revision: A Writer's Craft as Spiritual Practice	Elizabeth Jarrett	Andrew	Skinner House Books /Unitarian Univ. Assoc.
SILVER	Creating Things That Matter	David	Edwards	Henry Holt & Co /Macmillan
SILVER	Everyday Creativity and the Healthy Mind: Dynamic New Paths for Self & Society	Dr Ruth	Richards	Palgrave Macmillan
SILVER	Spiral: A Catalyst for Innovation and Expansion	Amy	Simpkins	Positively Powered
06,	ECOLOGY & ENVIRONMENT			
GOLD	Rising: Dispatches from the New American Shore	Elizabeth	Rush	Milkweed Editions
SILVER	Finer Future, A: Creating an Economy in Service to Life	L Hunter	Lovins; Stewart Wallis; Anders Wijkman; & John Fullerton	New Society Publishers
SILVER	Wild Promise, A: Prince William Sound	Debbie	Miller; & Hugh Rose, photographer	Braided River /Mountaineers Books
SILVER	Synthetic Age, The: Outdesigning Evolution, Resurrecting Species, & Re-Engineering Our World	Christopher	Preston	The MIT Press
07A,	FICTION (Self-Published & Small Press)			
GOLD	Empire of Glass	Kaitlin	Solimine	Ig Publishing
SILVER	World Gone Missing	Laurie Ann	Doyle	Regal House Publishing
SILVER	Contest, The: a Novel	Ben	Easton	Self
SILVER	Path of the Wind, The	James A	Misko	Square One Publishers
SILVER	River's Child	Mark Daniel	Seiler	Owl House / Homebound Pubs.
07B	FICTION (Large Publisher)			
GOLD	Speak No Evil	Uzodinma	Iweala	Harper
SILVER	Weather Woman	Cai	Emmons	Red Hen Press
SILVER	Beneath the Same Heaven	Anne Marie	Ruff	Open Books
SILVER	Promise Between Us, The	Barbara Claypole	White	Lake Union Publishing
08,	FOOD, COOKING, & HEALTHY EATING			
GOLD	Cooking with Scraps	Lindsay-Jean	Hard	Workman Publishing

SILVER	What to Eat During Cancer Treatment	Jeanne	Besser; Barbara L Grant, & American Cancer Society	American Cancer Society
SILVER	Genius Foods	Max	Lugavere	Harper Wave
SILVER	Sacred & Delicious: A Modern Ayurvedic Cookbook	Lisa Joy	Mitchell	She Writes Press
SILVER	Nourish: How to Heal Your Relationship w Food, Body, & Self	Heidi	Schauster, MS, RDN	Hummingbird Press
09,	GIFT & SPECIALTY			
GOLD	Book That Takes Its Time, A	Irene	Smit; & Astrid van der Hulst	Workman Publishing
SILVER	Harry Potter: Creatures - A Paper Scene Book	--	Insight Editions	Insight Editions
SILVER	Almost Everything: Notes on Hope	Anne	Lamott	Riverhead /Penguin RandomHouse
SILVER	Butterfly Pavilion, The	James	Lowen	Carlton Books
10	GREEN LIVING & SUSTAINABILITY			
GOLD	Scraps, Peels, & Stems: Recipes and Tips for Rethinking Food Waste at Home	Jill	Lightner	Mountaineers Books /Skipstone
SILVER	Slow Media: Why Slow is Satisfying, Sustainable, & Smart	Jennifer	Rauch	Oxford University Press
SILVER	Small Space Living	Roberta	Sandenbergh	Skyhorse Publishing
SILVER	Suburban Micro-Farm, The: Modern Solutions for Busy People	Amy	Stross	Twisted Creek Press
SILVER	Five-Ton Life, The: Carbon, America, & the Culture That May Save Us	Susan	Subak	Univ of Nebraska Press
11	DEATH & DYING / GRIEF & LOSS			
GOLD	Graceful Exit: How to advocate effectively, take care of yourself, & be present for the death of a loved one	Gustavo	Ferrer, MD	Sounds True
SILVER	Mythmaker, The	Mary	Harrell	Chiron Publications
SILVER	Neither Married Nor Single	Dr. David	Kirkpatrick	Brush Education
SILVER	Poco a Poco: A Memoir	Michele	Morris	Outskirts Press
SILVER	Two Years of Wonder	Ted	Neill	Tenebray Press
12	HEALTH, HEALING, WELLNESS & VITALITY			
GOLD	Conceivability: What I Learned Exploring the Frontiers of Fertility	Elizabeth	Katkin	Simon & Schuster
SILVER	Game Changers	Dave	Asprey	Harper Wave
SILVER	Winning the War on Cancer: Epic Journey towards a Natural Cure	Sylvie	Beljanski	Morgan James Publishing
SILVER	Natural Therapies for Overcoming Opiod Dependency	Catherine	Browne, Dr of Acupuncture & Oriental Medicine	Storey Publishing
SILVER	Innovations in Behavioural Health Architecture	Stephen	Verderber	Routledge /Taylor & Francis
13	HEROIC JOURNEYS			
GOLD	My Father's Gift: How One Man's Purpose Became a Journey of Hope and Healing	Sixtus Z	Atabong	Koehler Books
SILVER	Breaking Vases: Shattering Limitations & Daring to Thrive - A Middle Eastern Woman's Story	Dima	Ghawi	Self
SILVER	Beautiful Bodies: The Adventures of Malvina Hoffman	Didi	Hoffman	Fulton Books
SILVER	Shadow Syndromes: Shining a Light on PANS & other Inflammation-based Illnesses Plaguig Today's Youth	Any	Mom [pen name]	Anymom Press
14	INNER PROSPERITY & RIGHT LIVELIHOOD			
GOLD	Mind to Matter: The Astonishing Science of How Your Brain Creates Material Reality	Dr. Dawson	Church	Hay House
SILVER	Art of Abundance, The	Dennis Merritt	Jones	TarcherPerigee at PRH
SILVER	It's Never Too Late to Be Yourself	Davina	Kotulski	Red Ink Press
SILVER	Heart of the Shaman: Stories & Practices of the Luminous Warrior	Alberto	Villoldo, PhD	Four Winds Society /Hay House
15	JOURNALISM & INVESTIGATIVE REPORTING			
GOLD	Lost Connections	Johann	Hari	Bloomsbury Publishing
GOLD	Poached: Inside the Dark World of Wildlife Trafficking	Rachel Love	Nuwer	Da Capo Press /Hachette Group
SILVER	Heart is a Shifting Sea, The	Elizabeth	Flock	Harper
SILVER	Footprints in the Dust	Roberta	Gately	Pegasus Books
SILVER	Desert and the Sea, The	Michael Scott	Moore	Harper Wave
16A	MEMOIR & PERSONAL JOURNEY /Self-Pub or Small Press			
GOLD	Breaking Vases: Shattering Limitations & Daring to Thrive - A Middle Eastern Woman's Story	Dima	Ghawi	Self
SILVER	Chasing the Merry-Go-Round - A True Story	Kelly	Bargabos	Boulay Press

SILVER	Hiking Naked: A Quaker Woman's Search for Balance	Iris	Graville	Homebound Publications
SILVER	Buried Rivers: A Spiritual Journey into the Holocaust	Ellen Korman	Mains	West Lake Books
16B	MEMOIR & PERSONAL JOURNEY /Large Publisher			
GOLD	Fox Hunt, The	Mohammed	Al Samawi	William Morrow /w HarperCollins
SILVER	Go Find: My Journey to Find the Lost -- and Myself	Susan	Purvis	Blackstone Publishing
SILVER	On Call in the Arctic	Thomas J	Sims, MD	Pegasus Books
SILVER	Ashokan Way, The: Landscape's Path into Consciousness	Gail	Straub	Homebound Publications
17	MULTICULTURAL & INDIGENOUS			
GOLD	Disturbed in Their Nests: A Journey from Sudan's Dinkaland to San Diego's City Heights	Alephonsion.	Deng, & Judy A Bernstein	Blackstone Publishing
SILVER	Lands of Lost Borders	Kate	Harris	Dey Street Bks /w HarperCollins
SILVER	Buffy Sainte-Marie: The Authorized Biography	Andrea	Warner	Greystone Books
18	PARENTING & FAMILY			
GOLD	Roots and Wings: Childhood Needs a Revolution	Alex	Koster	Self
SILVER	Autism Uncensored: Pulling Back the Curtain	Whitney	Ellenby	Koehlerbooks w author collab.
SILVER	Iphelia: Awakening the Gift of Feeling	Erick Kenneth	French	Tyrian Press
SILVER	Like a Mother	Angela	Garbes	Harper Wave
SILVER	Emotionally Healthy Child, The: Helping Children Calm, Center, & Make Smarter Choices	Maureen	Healy	New World Library
19A	PERSONAL GROWTH /Self-Pub or Small Press			
GOLD	Live Ablaze: And Light Up the World	Sarah	Davison-Tracy	Ignite Publishers
SILVER	Bones & Breath, The: A Man's Guide to Eros, the Sacred Masculine, and the Wild Soul	L.R.	Heartsong	Hearthside Press
SILVER	SoulStroller: Experiencing the Weight, Whispers, & Wings of the World	Kayce Stevens	Hughlett	WriteLife Publishing
SILVER	Soul-Discovery Journalbook, The: Intimate Journey into Self	Adriene	Nicastro-Santos	Spirit Speaks Publishing
19B	PERSONAL GROWTH /Large Publisher			
GOLD	Intrinsic Hope: Living Courageously in Troubled Times	Kate	Davies	New Society Publishers
**	<i>Intrinsic Hope</i> was awarded Special Honors as our 2018 Grand Prize Winner			
GOLD	Lifeshocks - And How to Love Them	Sophie	Sabbage	Hodder Stoughton (Hachette)
SILVER	It's Not Always Depression	Hilary	JacobsHendel, LCSW	Spiegel &Gru /RandomHouse
SILVER	Gift of Recovery, The: 52 Mindful Ways to Live Joyfully Beyond Addiction	Rebecca E	Williams PhD; & Julie S Kraft LMFT	New Harbinger Publications
20	PSYCHOLOGY			
GOLD	Devised! Balancing Life & Technology in a Digital World	Doreen	Dodgen-Magee	Rowman & Littlefield
SILVER	Wisdom, Attachment & Love in Trauma Therapy	Susan Pease	Banitt	Routledge
SILVER	Soul Stories: Voices from the Margins	Josephine	Ensign	Univ. Calif. Medical Humanities Press
SILVER	Social Leap, The	William	von Hippel	Harper Wave
21	PHOTOGRAPHY & THE ARTS			
GOLD	Trees: Between Earth and Heaven	Art	Wolfe; Wade Davis; & Gregory McNamee	Earth Aware / InsightEditions
SILVER	Feminine Mysticism in Art: Artists Envisioning the Divine	Victoria	Christian, Editor; & Susan Stedman, Asst Editor	Awakening Soul Wisdom
SILVER	Turn Me to Gold: 108 Poems of Kabir	Andrew	Harvey; & Brett Hurd, photography	Unity Books
SILVER	Bob Langrish's World of Horses	Bob	Langrish	Storey Publishing
SILVER	Soul Blessings	Lulu	Trevena; Art, Laura Bowman	Merry Dissonance Press
22	POETRY			
GOLD	Isako Isako	Mia Ayumi	Malhotra	Alice James Books
SILVER	Cowboy Meditation Primer	Mary	McCray	Trementina Books
SILVER	School of Soft-Attention, The	Frank LaRue	Owen	Homebound Publications
SILVER	Expanse of All Things, The	James Scott	Smith	Homebound Publications
22B	LYRIC PROSE			
GOLD	Glass Needles & Goose Quills: Elementary Lessons in Atomic Properties, Nuclear Families, & Radical Poetics	Lissa	Kiernan	Haley's
SILVER	Naming Mt. Thoreau	Laurie	Glover, editor; and 10 authors, 3 artists	Artemisia Press, Mono Lake Committee
SILVER	Sustainability: A Love Story	Nicole	Walker	Mad Creek Bks /Ohio State Univ.
23	RELATIONSHIPS & COMMUNICATION			
GOLD	Love Worth Making	Stephen	Snyder, MD	St Martin's Press
SILVER	Breaking Up & Bouncing Back	Samantha	Burns	Ixia Press / Dover Pubs.

SILVER	Building Resilience with Appreciative Inquiry	Joan	McArthur-Blair; & Jeanie Cockell	Berrett-Koehler Publishers
SILVER	Answering Why: Unleashing Passion, Purpose, and Performance in Younger Generations	Mark C	Perna	Greenleaf Book Group
24A	RELIGION /SPIRITUALITY OF EASTERN THOUGHT			
GOLD	Mad Monk Manifesto: A Prescription for Evolution, Revolution..	Monk	Yun Rou	Mango Publishing Group
SILVER	Jewel of Abundance, The	Ellen Grace	O'Brian	New World Library
SILVER	Sitting on the Toolbox: Buddha's Wisdom for a Joyful Life	Venerable Bhante	Sujatha, with Stacey Stern	Blue Lotus Press
24B	RELIGION /SPIRITUALITY OF WESTERN THOUGHT			
GOLD	Baptist Preacher's Buddhist Teacher, A	Lawrence E	Carter Sr.	Middleway Press /Atlanta
GOLD	Stations of the Cosmic Christ	Matthew	Fox; & Bishop Marc Andrus	Unity Books
**	Stations Of the Cosmic Christ received Special Honors as 2018 Best of Small Press			
SILVER	Divine Mind, The: Exploring the Psychological History of God's Inner Journey	Michael	Gellert	Prometheus Books / RandomHouse
SILVER	Trust Women: A Progressive Christian Argument for Reproductive Justice	Rebecca Todd	Peters	Beacon Press
SILVER	Richard Rohr: Essential Teachings on Love	Richard	Rohr; edited by Joelle Chase & Judy Traeger	Orbis Books
24C	RELIGION /SPIRITUALITY OF OTHER TRADITIONS			
GOLD	Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine	Renee	Baribeau	Hay House / Enlightenment Productions
SILVER	Sacred Enneagram, The: Finding Your Unique Path to Spiritual Growth	Christopher	Heuertz	Zondervan
SILVER	Just Be: Transform Your Life & Live as Infinity	Suresh	Ramaswamy	Lucid Field
SILVER	Messages from the Divine: Wisdom for the Seeker's Soul	Sara	Wiseman	Beyond Words /Atria
25	SCIENCE & COSMOLOGY			
GOLD	Purpose and Desire	J Scott	Turner	HarperOne
SILVER	Dreams That Can Save Your Life: Early Warning Signs of Cancer & Other Diseases	Larry	Burk MD; & Kathleen O'Keefe-Kanavos	Findhorn Press /Inner Traditions International
SILVER	And God Created Wholeness	Edwin E	Olson	Orbis Books
SILVER	Ape Mind, Old Mind, New Mind: Emotional Fossils & the Evolution of the Human Spirit	John V	Wylie, MD	BookBaby
26	SOCIAL SCIENCES & EDUCATION			
GOLD	Person You Mean to Be, The	Dolly	Chugh	Harper Business
SILVER	Your Body is Your Brain	Amanda	Blake	Trokay Press /Embright
**	<i>Your Body is Your Brain</i> was awarded Special Honors as Best of Self-Published			
SILVER	Deep Nature Play	Joseph Bharat	Cornell	Crystal Clarity Publishers
SILVER	Choice Architecture: A New Approach	Avani	Parikh; & Prashant Parikh	Routledge /Taylor & Francis
27	SOCIAL CHANGE & SOCIAL JUSTICE			
GOLD	Our Search for Belonging	Howard J	Ross	Berrett-Koehler Publishers
SILVER	We Fed an Island	Jose	Andres	Ecco / w HarperCollins
SILVER	Grateful	Diana Butler	Bass	HarperOne
SILVER	Nature, Culture & the Sacred: A Woman Listens for Leadership	Nina	Simons	Green Fire Press
28	USA & OTHER WORLD CULTURES SPIRITUAL GROWTH & DEVELOPMENT			
GOLD	Healing Justice	Jarem	Sawatsky	Red Canoe Press
SILVER	Call for Revolution, A	His Holiness the	Dalai Lama; & Sofia Stril-Rever	William Morrow /w HarperCollins
SILVER	America's Identity Crisis: The Death & Rebirth of American Vision	Michael	Gellert	Reputation Books
SILVER	Mad Monk Manifesto: A Prescription for Evolution, Revolution, & Global Awakening	Monk	Yun Rou	Mango Publishing Group
29	WOMEN in the 21st Century			
GOLD	Nature, Culture & the Sacred: A Woman Listens for Leadership	Nina	Simons	Green Fire Press
SILVER	Magic of Circlework: The Practice Women Around the World Are Using to Heal & Empower Themselves	Jalaja	Bonheim	Meetings in Sacred Space
SILVER	Brave: Young Women's Global Revolution, Vol. 1	Gayle	Kimball, PhD	Equality Press
SILVER	Medicine Woman: Reclaiming the Soul of Healing	Lucy H	Pearce	Womancraft Publishing
SILVER	Heroines of Avalon & Other Tales	Ayn Cates	Sullivan, PhD	Infinite Light Publishing
30A	CHILDREN'S PICTURE BOOKS / Fiction Story			

GOLD	I See You	Michael	Genhart; & Joanne Lew-Vriethoff, Illust'er	Magination Press / APA
SILVER	Love Is Love	Michael	Genhart; & Ken Min, Illust'er	Little Pickle Press
SILVER	Golden Sparkles: An introduction to mindfulness	Catarina R	Peterson	Grosvenor House Publishing
SILVER	Nightingale's Song, The	Andrea	Torrey Balsara	One Voice Press
30B	CHILDREN'S PICTURE BOOKS / Non-Fiction			
GOLD	So Many Smarts!	Michael	Genhart-B; & Holly Clifton-Brown, Illust'er	Magination Press / APA
SILVER	Nutty Little Vulture, The	Marta	Magellan; & Mauro Magellan, Illust'er.	Eifrig Publishing
SILVER	Cheetah Dreams	Linda	Stanek; & Shennen Bersani, Illust'er	Arbordale Publishing
SILVER	Growing Up in Alaska - A Baby Arctic Tern	Constance	Taylor	Fathom Publishing
31A	CHILDREN'S ILLUSTRATED / Fiction Story			
GOLD	Who Do I Want to Become?	Rumeet	Billan PhD	Page Two Books
SILVER	Fun in the Mud --A Wetlands Tale	Sally	Bolger	Roundtree Press /w Cameron & Co
SILVER	Up In the Leaves	Shira	Boss	Sterling Publishing
SILVER	Mayva O'Meere, Creationeer	Kristin	Pierce	Self
31B	CHILDREN'S ILLUSTRATED / Non-Fiction			
GOLD	Howl Like a Wolf	Kathleen	Yale; & Kaley McKean, Illust'er	Storey Publishing
GOLD	We Are Grateful: Otsaliheliga	Traci	Sorell	Charlesbridge Publishing / PRH
SILVER	Salamander Sky	Katy	Farber; & Meg Sodano, Illust'er	Green Writers Press
SILVER	Explore the Salish Sea: A Nature Guide for Kids	Joseph K	Gaydoes; & Audrey DeLella Benedict	Little Bigfoot / Sasquatch Books
SILVER	Anole Invasion	Marta	Magellan; & Mauro Magellan, Illust'er.	Eifrig Publishing
32	MIDDLE GRADES / Fiction			
GOLD	Calf Named Brian Higgins, A	Kristen	Ball	One Elm Books /Red Chair Press
SILVER	24 Hours in Nowhere	Dusti	Bowling	Sterling Publishing
SILVER	7th Grade Revolution	Liana	Gardner	Vesuvian Books
SILVER	Young Lincoln	Jan	Jacobi	Reedy Press
SILVER	Last Panther, The	Todd	Mitchell	Delacorte /Random House
33	MIDDLE GRADES / Non-Fiction			
GOLD	Strong is the New Pretty	Kate T	Parker	Workman Publishing
GOLD	Turtle Island: The Story of North America's First People	Eldon	Yellowhorn; &Kathy Lowinger	Annick Press
**	<i>Turtle Island was awarded Special Honors as 2018 Best of Children's Books</i>			
SILVER	Mason Jar Science	Jonathan	Adolph	Storey Publishing
SILVER	Stormy Seas: Stories of Young Boat Refugees	Mary Beth	Leatherdale, editor; & Eleanor Shakespeare, Illust'er	Annick Press
SILVER	She Did It! 21 Women who changed the way we think	Emily	McCully	Disney*Hyperion / with AARP
34	YOUNG ADULT / Fiction			
GOLD	Anger Is a Gift	Mark	Oshiro	Tor Teen /Tom Doherty / MacMillan
SILVER	Great & the Small, The	A.T.	Balsara -B [2nd title]	Common Deer Press
SILVER	Under the Sun	Redemption	Gray (pen name for Sean Grose)	Waverly's Press
SILVER	Jamhuri, Njambi, & Fighting Zombies	Ted	Neill	Tenebray Press
35	YOUNG ADULT / Non-Fiction			
GOLD	HOPE NATION	Rose	Brock, editor	Philomel / PRH
SILVER	Innumerable Insects - Natural Histories	Michael S	Engel	Sterling Publishing
SILVER	LOVE EARTH NOW	Cheryl	Leutjen	Mango Publishing Group
SILVER	Love@Work: The Essential Guide to Life of Inspired Purpose	Olivia	Parr-Rud	Quantum Love Press
SILVER	Telling Image, The: Shapes of Changing Times	Lois Farfel	Stark	Green Leaf Book Group
2018	<i>Thanks for Writing Books for Children of All Ages !!</i>			