

Nautilus Book Awards 2023 Awards Roster

**** Please Note: Awards are listed by category and Alpha by title ****

Grand Winner		Author	Publisher
Grand Winner	Reclaiming the Sacred: Healing Our Relationships with Ourselves and the World	Jeff Golden	Self Published
01 - Aging Consciously		Author/s	Publisher
Gold	Alive Until You're Dead: Notes on the Home Stretch	Susan Moon	Shambhala Publications
Gold	Fairy Tale Wisdom: Stories for the Second Half of Life	William L. Randall, Barbara Lewis, & W. Andrew Achembaum	ElderPress Books
Silver	Moonlight Serenade: Embracing Aging Mindfully	Gordon Wallace, Ph.D.	Friesen Press
Silver	The Back Forty: 7 Essential Embraces to Launch Life's Radical Second Half	Darrell W Gurney	Hunter Arts Publishing
Silver	The 60-Something Crisis: How to Live an Extraordinary Life in Retirement	Barbara L Pagano	Rowman & Littlefield
02 - Animals & Nature		Author/s	Publisher
Gold	The Creative Lives of Animals	Carol Gigliotti	NYU Press
Gold	The Sounds of Life: How Digital Technology Is Bringing Us Closer to the Worlds of Animals and Plants	Karen Bakker	Princeton University Press
Silver	Otherlands	Thomas Halliday	Penguin Random House
Silver	Sacred Sendoffs: An Animal Chaplain's Advice For Surviving Animal Loss, Making Life Meaningful, & Healing The Planet	Sarah A. Bowen	Monkfish Book Publishing
Silver	Sentient: How Animals Illuminate the Wonder of Our Human Senses	Jackie Higgins	Atria Books, Simon and Schuster
02 - Animals & Nature: Focused Topics		Author/s	Publisher
Gold	A World in a Shell Snail Stories for a Time of Extinctions	Thom van Dooren	The MIT Press
Silver	A Most Remarkable Creature	Jonathan Meiburg	Alfred A. Knopf, Penguin Random House
Silver	Animal Biographies: Toward a History of Individuals	Éric Baratay, author, Lindsay Turner, translator	University of Georgia Press

Silver	Life on the Rocks: Building a Future for Coral Reefs	Juli Berwald	Riverhead Books, an imprint of Penguin Random House
	03 - Body ~ Mind ~ Spirit Practices	Author/s	Publisher
Gold	Mind Fuel	Bear Grylls	John Murray Press
Silver	Connecting to the Earth's Limitless & Natural Healing Energy Made Simple	Michiel U.R. David	Earth Energy Management
Silver	Drawn into the Dream: How Drawing Your Dreams Can Take You to the Land of Awes	Walter Berry	Precocity Press
Silver	Essentials of Medical Intuition: A Visionary Path to Wellness	Wendie Colter	Watkins Publishing
Silver	Healing Against The Odds: How To Rise From The Ashes Of Cancer	Leslie Peake	Red Thread Publishing
	03 - Body ~ Mind ~ Spirit Practices: Focused Topic Yoga	Author/s	Publisher
Gold	Pause, Rest, Be: Stillness Practices for Courage in Times of Change	Octavia Raheem	Shambhala Publications
Gold	The Esoteric science of Restorative Yoga; Lost Technology of Consciousness	Paul Archer	Paul Archer
Silver	Fallen Star: A Return to Self through the Eight Limbs of Yoga	Molly Chanson and Anne Chanson-Illustr	Shanti Arts
Silver	The Energy to Heal - Find Lasting Freedom From Stress and Trauma Through Energy Medicine Yoga	Lauren Walker	Llewellyn Worldwide
Silver	Water Yoga	Christa Fairbrother	Singing Dragon
	04 A - Business & Leadership (small press)	Author/s	Publisher
Gold	Cultivating Transformations - A Leader's Guide to Connecting the Soulful and the Practical	Jardena London, Ivan Petrushevski-cover art	BAI Press
Gold	Leading Through Loss: How to Navigate Grief at Work	Margo M Fowkes	Find Your Harbor Press
Silver	Changemaker Playbook: The New Physics of Leadership in a World of Explosive Change	Henry F. De Sio, Jr.	Nicholas Brealey Publishing

Silver	First Generation Wealth: Three Guiding Principles for Long-Lasting Wealth and an Enduring Family Legacy	Robert Balentine, Adrian Cronje, PhD	Linx
Silver	Maximum Impact Potential: How To Own Your Value Become A Wealth Circulator And Uplift Millions	Alok Appadurai	WorldChangers Media
Silver	Promotions Are SO Yesterday: Redefine Career Development. Help Employees Thrive.	Julie Winkle Giulioni	ATD Press
Silver	The Zen Executive: Gems of Wisdom for Enlightened Leadership	Jim Blake	Unity Books
	04 B - Business & Leadership (large press)	Author/s	Publisher
Gold	Hangry: A Startup Journey	Mike Evans	HBG/Legacy Lit
Gold	Leading Inclusion	Gena Cox	Page Two
Silver	Choosing Leadership: Revised and Expanded: How to Create a Better Future by Building Your Courage, Capacity and Wisdom	Linda Ginzel	Health Communications, Inc.
Silver	Leading with Empathy: Understanding the Needs of Today's Workforce	Gautham Pallapa	John Wiley & Sons, Inc.
Silver	LIFT: Fostering The Leader In You Amid Revolutionary Global Changes	Faisal Hoque	Fast Company Press
Silver	Power, for All	Julie Battilana, Tiziana Casciaro	Simon and Schuster
Silver	Unmuted-How to Show Up, Speak Up and Inspire Action	Heather Hansen	Bloomsbury Business UK
	04 B - Focused Topic	Author/s	Publisher
Silver	Financial Adulthood	Ashley Feinstein Gerstley	Wiley & Sons
	05 - Creativity & Innovation	Author/s	Publisher
Gold	Someday Is Today: 22 Simple, Actionable Ways to Propel Your Creative Life	Matthew Dicks	New World Library
Silver	Buoyant: The Entrepreneur's Guide to Becoming Wildly Successful, Creative, and Free	Susie deVille	Page Two

Silver	Critique is Creative: The Critical Response Process in Theory and Action	Liz Lerman, John Borstel	Wesleyan University Press
Silver	The Creative Trance: Altered States of Consciousness and the Creative Process	Tobi Zausner	Cambridge University Press
	05 - Focused Topic: Writing	Author/s	Publisher
Gold	Voice First: A Writer's Manifesto	Sonya Huber	University of Nebraska Press
Silver	Story and Structure: A Complete Guide	Leon Conrad, Jason Chuang- Illustr	The Squeeze Press
	06 - Ecology & Environment	Author/s	Publisher
Gold	At Home on an Unruly Planet	Madeline Ostrander	Henry Holt and Company
Gold	The Planet You Inherit: Letters to My Grandchildren When Uncertainty's a Sure Thing	Larry L. Rasmussen	Broadleaf Books
Silver	Earthlings	Adrian Parr	Columbia University Press
Silver	Mirrors in the Earth: Reflections on Self-Healing from the Living World	Asia Suler	North Atlantic Books
Silver	Returning the Self to Nature: Undoing Our Collective Narcissism and Healing Our Planet	Jeanine M. Canty	Shambhala Publications
Silver	Writer in a Life Vest: Essays from the Salish Sea	Iris Graville	Homebound Publications
	07 A - Fiction (small press)	Author/s	Publisher
Gold	Where Butterflies Go to Die	Michael Ringering	Evolved Publishing Inc
Silver	GOODS & EFFECTS	Al Schnupp	Golden Antelope Press
Silver	Soulful Return	Fidelis O Mkparu	DX VAROS PUBLISHING
Silver	The Chinese Woman from the Painting	Florence Tholozan (author), N. Theo (Translator)	Harvard Square Editions
Silver	The Lottery Winner's Greatest Ride: A Millionaire, A Young Reporter . . . And A Journey To Find What Matters Most	Skip Johnson	Self Published
	07 A- Focused Topic Spiritual Fiction	Author/s	Publisher
Gold	Return of the Avatars: The Cosmic Architect Tools of Our Future Becoming	Anneloes Smitsman, Jean Houston	Oxygen Publishing

Silver	Confluence	Mary Elizabeth Gillilan	Independent Writers Studio Press
Silver	Ekstasis – The Return of the Sovereign Heart	M.I.Dugast	CreateSpace Independent Publishing Platform
Silver	Holy Parrot	Angel A	Angel's Leap
Silver	Weep, Woman, Weep	Maria DeBlassie	Kitchen Witch Press
	07 Focused Topic: Historical Fiction	Author/s	Publisher
Gold	The Picture Bride	Lee Geum-yi, translated by An Seonjae	Macmillan
Silver	Not A Real Enemy The True Story of a Hungarian Jewish Man's Fight for Freedom	Robert Wolf with Janice Harper	Amsterdam Publishers
	07 A- Focused Topic: Graphic Novel	Author/s	Publisher
Silver	Ancient Futures Episode One: The Rise of Valentino Cruz	Steven White, Aaron McConnell, illustrator	Seven Studio, LLC
	07 B - Fiction (large press)	Author/s	Publisher
Gold	Lark Ascending	Silas House	Algonquin Books
Silver	Into The Attic	Ellen Sherman	Koehlerbooks
Silver	The Unhiding of Elijah Campbell	Kelly Flanagan	InterVarsity Press
	08 - Food, Cooking, & Healthy Eating (small press)	Author/s	Publisher
Gold	LOVE Peace & Vegetables: Recipes for Conscious Living	Marcela Benson and Made Gryawan	Infinite Light Publishing & Media, LLC
Gold	From Scratch Adventures in Harvesting, Hunting, Fishing, and Foraging on a Fragile Planet	David Moscow, Jon Moscow	Permuted Press
Silver	Flavour with Benefits: France	Cathy Connally, Charley Best and Camilla Charnock, Illustr.	Collesano Publishing
Silver	NOURISH: Plant-based Recipes to Feed Body Mind and Soul	Terry Walters, Sarah Snow, Megan Snow-illustrs, Julie Bidwell-photography	Terry Walters, LLC
Silver	The Bengali Five Spice Chronicles - Expanded Edition	Rinku Bhattacharya	Hippocrene Books

	08 - Food, Cooking, & Healthy Eating (large press)	Author/s	Publisher
Gold	Good Enough	Leanne Brown	Workman Publishing
Gold	Cooking from the Spirit	Tabitha Brown	William Morrow
Silver	Easy Plant-Based Cooking for Two	Lei Shishak	Skyhorse Publishing
Silver	Our Fermented Lives: A History of How Fermented Foods Have Shaped Cultures & Communities	Julia Skinner	Storey Publishing
Silver	The Humane Table	Dr. Robin R. Ganzert	Green Leaf
	09 - Gift & Specialty	Author/s	Publisher
Gold	No Justice, No Peace	Devin Allen	Legacy Lit
Silver	Mom Milestones	Grace Farris	Workman Publishing
Silver	The Path to Kindness: Poems of Connection and Joy	Edited by James Crews	Storey Publishing
Silver	Why We Travel	Patricia Schultz	Workman Publishing
	09 - Focused Topic: Daily Wisdom Books	Author/s	Publisher
Gold	Flourish, A 365-Day Guided Path Towards Love : How to Experience More Joy, Live with More Intention, and Be True to Yourself	Allison McCabe Bruce	Flourish Integral Health
Gold	The Way of the Goddess: Daily Rituals to Awaken Your Inner Warrior and Discover Your True Self	Ananta Ripa Ajmera, Gaby Gohlar- Illustr	Penguin Random House TarcherPerigee Imprint
Silver	Rise and Shine - How to transform your life, morning by morning	Kate Oliver & Toby Oliver	Piatkus
Silver	Love is Everything: A Year with Hadewijch of Antwerp	Andrew Harvey, Translator	Medio Media
Silver	Glossary of Life - A Path to Joy, Balance, and Peace	Manny Garcia	Manny Garcia
	09 - Focused Topic: Card decks	Author/s	Publisher
Silver	Joy Cards	Michelle Burke, Lilamani de Silva- co-author and illustr	Beyond Words Publishing

Silver	The Weiser Tarot (Revised and updated edition)	Arthur Edward Waite, Pamela Colman Smith, and The Editors of Weiser Books	Red Wheel/Weiser LLC
	10 - Green, Restorative Practices/Sustainability	Author/s	Publisher
Gold	Charged	James Morton Turner	University of Washington Press
Gold	Mini-Forest Revolution: Using the Miyawaki Method to Rapidly Rewild the World	Hannah Lewis	Chelsea Green Publishing
Silver	Our Plastic Problem and How to Solve It	Sarah J Morath, Abigail Johnson, Illustr, Charlotte Morath, cover art	Cambridge University Press
Silver	The Blue Revolution: Hunting, Harvesting, and Farming Seafood in the Information Age	Nicholas P. Sullivan	Island Press
Silver	Wild Plant Culture: A Guide to Restoring Edible and Medicinal Native Plant Communities	Jared Rosenbaum	New Society Publishers
	11 Death/Dying Grief & Loss (large press)	Author/s	Publisher
Gold	Grief is Love	Marisa Renee Lee	Legacy Lit
Gold	Soulbroken: A Guidebook for Your Journey Through Ambiguous Grief	Stephanie Sarazin	GCP Balance
Silver	Touching Two Worlds: A Guide for Finding Hope in the Landscape of Loss	Sherry Walling	Sounds True
Silver	What's Your Grief?	Eleanor Haley, Litsa Williams	Quirk Books
	11 Death/Dying Grief & Loss (small press)	Author/s	Publisher
Gold	Earth Grief: The Journey Into and Through Ecological Loss	Stephen Harrod Buhner	Raven Press
Silver	Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death & Change	Shea Darian	Gilead Press

Silver	Sacred Sendoffs: An Animal Chaplain's Advice For Surviving Animal Loss, Making Life Meaningful, & Healing The Planet	Sarah A. Bowen	Monkfish Book Publishing
	11 Death/Dying Grief & Loss Focused Topic: Memoir	Author/s	Publisher
Gold	A Daughter's Kaddish: My Year of Grief, Devotion, and Healing	Sarah Birnbach	Wonderwell
Silver	An Eight Year Goodbye	Maryanne V Scott	Page Publishing
Silver	The Difference Between Seeds and Stones	Rondi Lightmark	Lightmark Arts
Silver	Let Yourself Be Loved: Big Lessons from a Little Life	Elizabeth Leon	Koehler Books
	11 Death/Dying Grief & Loss- Focused Topic: Life After Death	Author/s	Publisher
Gold	At Heaven's Door	William J. Peters	Simon and Schuster
Gold	Love Dad	Mike Anthony	Self
Silver	No Beginning No End	Terry Gordon	Self
Silver	Wake Me When You Leave	Elisa Donovan	Llewellyn Publications
	11 - Death & Dying/ Grief & Loss- Focused Topic: Poetry	Author/s	Publisher
Silver	Evening Light	Jemi Reis McDonald	Mandorla Books
Silver	Whispers from Her Deathbed: A Posthumous Poetry Collection	Janavi Held - Author, Catherine L. Schweig-Editor, Landis Blair-Illustr	Golden Dragonfly Press
	12 - Health, Healing & Wellness (large press)	Author/s	Publisher
Gold	Beyond Medicine: A Physician's Revolutionary Prescription for Achieving Absolute Health and Finding Inner Peace	Patricia A. Muehsam, MD	New World Library
Gold	Healthy Heart, Healthy Brain	Bradley Bale, Amy Doneen	Little, Brown Spark
Silver	Reclaiming Wellness: Ancient Wisdom for Your Healthy, Happy, and Beautiful Life	Jovanka Ciales	New World Library
Silver	The Pain Solution: 5 Steps to Relieve and Prevent Back Pain, Muscle Pain, and Joint Pain without Medication	Saloni Sharma, MD, FAAPMR, LAc	New World Library

Silver	You Finished Treatment, Now What? A Field guide for Cancer Survivors	Dr. Amy Rothenberg	Koehler Books
	12 - Health, Healing & Wellness (small press)	Author/s	Publisher
Gold	Your Health Is at Risk: How to Navigate Information Chaos to Prevent Lifestyle Diseases	John Poothullil, MD, FRCP	New Insights Press
Silver	The Physics and Poetry of Eastern Herbal Medicine	Judyth Shamosh, PhD	Pure Carbon Publishing
	13 - Heroic Journeys	Author/s	Publisher
Gold	A Place Called Home	David Ambroz	Legacy Lit
Gold	Terra Viva	Vandana Shiva	Chelsea Green
Silver	Labor Under Siege: Big Bob McEllrath and the ILWU's Fight for Organized Labor in an Anti-Union Era	Harvey Schwartz, Ronald E. Magden	University of Washington Press
Silver	The Movement Made Us	David J. Dennis Jr.	HarperCollins
Silver	The Ones Who Remember: Second-Generation Voices of the Holocaust	Rita Benn, Julie Goldstein Ellis, Joy Wolfe Ensor, Ruth Wade	City Point Press
Silver	Thirty-Five Days To Baltimore	Alexis Portillo, Jana Laiz	Crow Flies Press
	14 - Inner Prosperity/ Right Livelihood	Author/s	Publisher
Gold	Doorways to Transformation: Everyday Wisdom for the Creative Soul	Karen Kinney	Winged Bird Press
Gold	The Light We Give: How Sikh Wisdom Can Transform Your Life	Simran Jeet Singh	Riverhead Books, an imprint of Penguin Random House
Silver	911 From Your Soul	Jeanine Thompson	WorldChangers Media
Silver	The Liminal Odyssey, The Alchemical Power of The Spaces In-Between	Sande Hart	
Silver	Winning in Your Own Court: 10 Laws for a Successful Career without Burning Out or Selling Out	Dena Lefkowitz	ABA Book Publishing

	15 - Journalism & Investigative Reporting	Author/s	Publisher
Gold	By Hands Now Known: Jim Crow's Legal Executioners	Margaret A. Burnham	W.W. Norton & Company
Silver	Ethically Challenged: Private Equity Storms U.S. Health Care	Laura Katz Olson	Johns Hopkins Press
Silver	Somewhere Sisters: A Story of Adoption, Identity, and the Meaning of Family	Erika Hayasaki	Algonquin Books
Silver	The Founders: The Story of Paypal and the Entrepreneurs Who Shaped Silicon Valley	Jimmy Soni	Simon & Schuster, Adult
	15 - Focused Topic: Criminal Justice	Author/s	Publisher
Silver	Free	Lauren Kessler	Sourcebooks
	15 - Focused Topic: Environmental	Author/s	Publisher
Gold	Paradise Falls: The True Story of an Environmental Catastrophe	Keith O'Brien	Pantheon Books
Silver	Tree Thieves	Lyndsie Bourgon	Little, Brown Spark
	16 A - Memoir & Personal Journey (small press)	Author/s	Publisher
Gold	A Little Bit of Land	Jessica Gigot	Oregon State University Press
Gold	The Answers Are There: Building Peace From the Inside Out	Libby Hoffman	Greenleaf Book Group
Silver	Hello Universe, It's Me	Deepika Sandhu	The Akipeed Company
Silver	Living While Human	Arwinder Kaur	Tellwell Talent
Silver	Rewilding: A Woman's Quest to Remember Her Roots, Rekindle Her Instincts, and Reclaim Her Sovereignty	Kristy M. Vanacore, Psy.D.	Sacred Stories Publishing
	16 B - Memoir & Personal Journey (large press)	Author/s	Publisher
Gold	Living a Committed Life	Lynne Twist	Berrett-Koehler Publishers
Gold	Tuesdays in Jail: What I Learned Teaching Journaling to Inmates	Tina Welling	New World Library
Silver	Deaf Utopia	Nyle DiMarco	William Morrow

Silver	SURVIVING: Why We Stay and How We Leave Abusive Relationships	Beverly Gooden	Rowman & Littlefield
Silver	The Raven's Nest	Sarah Thomas	Atlantic Books
	16 - Focused Topic: Memoir in Essays	Author/s	Publisher
Gold	Wolf Tree: An Ecopsychological Memoir in Essays	Heather Durham	Homebound Publications
Gold	Dear Dana: That time I went crazy and wrote all 580 of my Facebook friends a handwritten letter	Amy Weinland Daughters	She Writes Press
Silver	Apertures: Findings from a Rural Life	Mary B. Kurtz	Shanti Arts Publishing
Silver	In Between Places: A Memoir in Essays	Lucy Bryan	Homebound Publication
Silver	Ordinary Sacred: Farewell to the Soul Artist Journal	L.R. Heartsong	Hearthside Press
	16 - Focused Topic: Travel Memoir	Author/s	Publisher
Gold	Refraction: An Arctic Memoir	Bruce Rettig	Wayfarer Books
Silver	To Travel Well, Travel Light. An Adventure Memoir of Living Abroad and Letting Go of Life's Trappings: Material Possessions, Cultural Blinders, and a Patriarchal Christian World View	Mary Coday Edwards	SBNR Press
Silver	Who Will Accompany You? My Mother-Daughter Journeys Far From Home and Close to the Heart	Meg Stafford, Kate Stafford, Gale Stafford	Green Leaf Press
	16 - Focused Topic: Addiction Recovery Memoir	Author/s	Publisher
Gold	Rock Bottom and Rising	Simon Chapple	Sheldon Press
Silver	Choosing Life: One man's journey through alcoholism and depression to wellness and self-discovery	Blue Andrews	Luminare Press
	16 Memoir & Personal Journey-Focused Topic: Resilience through Hardship/Illness	Author/s	Publisher

Gold	A Fraction Stronger	Mark Berridge	Major Street Publishing
Silver	My Pain-Body Solution: A Journey to the Other Side of Suffering	Michael J. Murray	Greenleaf Book Group / River Grove Books
	16 - Focused Topic: Medical Memoirs	Author/s	Publisher
Gold	Fighting For Air	Ola Didrik Saugstad	Self
Gold	The Medical Jungle	Frank J. Veith, MD	Amplify Publishing
Silver	Embrace Grace: New Medicine for a Wounded World	Arlene Santos McCain	Bookbaby
Silver	Healing: When a Nurse Becomes a Patient	Theresa Brown	Algonquin Books
Silver	Making the Rounds: Defying Norms in Love and Medicine	Patricia Grayhall	She Writes Press
	16 - Focused Topic: Religious/Spiritual Memoir	Author/s	Publisher
Gold	A Place at the Table	Jo Swinney, Miranda Harris	Hodder Faith
Silver	Crooked Lines: A Single Mom's Jewish Journey	Jenna Zark	Koehler Books
Silver	Dearest Sister Wendy ... A Surprising Story of Faith and Friendship	Sister Wendy Beckett, Robert Ellsberg	Orbis Books
Silver	On Pilgrimage: The Seventies	Dorothy Day, Robert Ellsberg (editor)	Orbis Books
	17 - Multicultural & Indigenous	Author/s	Publisher
Gold	A Drum in One Hand, a Sockeye in the Other	Charlotte Coté	University of Washington Press
Gold	A Sky of Infinite Blue- A Japanese Immigrant's Search for Home and Self	Kyomi O'Connor	She Writes Press
Silver	Last Days in Naked Valley: The Struggle for Humanity's Homeland	Edward DeMarco	Afrologi Media LLC
Silver	Send Her Back and Other Stories	Munashe Kaseke	Mukana Press
	18 - Parenting & Family	Author/s	Publisher
Gold	How the World is Making Our Children Mad and What to Do About It	Louis Weinstock	Penguin Random House UK

Gold	Parent Nation: Unlocking Every Child's Potential, Fulfilling Society's Promise	Dana Suskind; with Lydia Denworth	Penguin Random House
Silver	Very Intentional Parenting: Awakening the Empowered Parent Within	Destini Ann Davis	DK; Alpha
Silver	Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World	Cathy Cassani Adams	Hachette Go
	18 - Focused Topic: Eco-Parenting	Author/s	Publisher
Gold	Finding Ecohappiness: Fun Nature Activities to Help Your Kids Feel Happier and Calmer	Sandi Schwartz	Quill Driver Books (An Imprint of Linden Publishing)
Silver	Baby Ecology: Using Science and Intuition to Create the Best Feeding, Sleep, and Play Environment for Your Unique Baby	Anya Dunham	Encradled Press
Silver	Blossoming the Child: A Guide to Child-Friendly Parenting	Tamarack Song	Snow Wolf Publishing
	19 A - Personal Growth & Self-Help	Author/s	Publisher
Gold & Grand Winner	Reclaiming the Sacred: Healing Our Relationships with Ourselves and the World	Jeff Golden	Jeff Golden
Gold	The Half-Known Life: What Matters Most When You're Running Out of Time	Ryan Lindner	Koehler Books
Silver	Endless Awakening: Time, Paradox, and the Path to Enlightenment	Patrick Paul Garlinger	Monkfish Book Publishing Company
Silver	Life Re-Vision: A Journey to Rediscover your Core, Reinvent Yourself, and Renew your Future Vision	Anamaria Aristizabal	Succulent Publishing
Silver	Stepping Out of the Shadows: Naming and Claiming the Medial Woman Today	Roberta Bassett Corson , Jeanie Tomanek- cover art	Mandorla Books
Silver	The Stress Book: Forty-Plus Ways to Manage Stress & Enjoy Your Life	D. Terrence Foster, MD.	Global Health & Consortium

	19 B - Personal Growth/Self-Help (large press)	Author/s	Publisher
Gold	Get It Done	Ayelet Fishbach	Little, Brown Spark
Gold	Wonder Seeker: 52 Ways to Wake up Your Creativity and Find Your Joy	Andrea Scher	HarperDesign
Silver	All for Love	Matt Kahn	Sounds True
Silver	Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life	Matt Paxton, Jordan Michael Smith	Jodi Lipson
Silver	Own Your Opportunities: A Story of Self-Discovery and Self-Determination	Juliet Hall	Post Hill Press
Silver	The Change Guidebook - How to Align Your Heart, Truths, and Energy to Find Success in All Areas of Your Life	Elizabeth Hamilton-Guarino	HCI / Simon & Schuster
	20 - Psychology /Mental & Emotional Well-Being (large press)	Author/s	Publisher
Gold	Brain Energy	Christopher M. Palmer, MD	BenBella Books
Gold	Ride or Die	Shanita Hubbard	Legacy Lit
Silver	Emotional Inheritance	Galit Atlas, PhD	Little, Brown Spark
Silver	Reassembling Models of Reality	Aldrich Chan	W.W. Norton
Silver	Worth The Risk	Kristen Lee, EdD LICSW	Sounds True
	20 - Psychology /Mental & Emotional Well-Being (small press)	Author/s	Publisher
Silver	Lyra	Emily Franchini	Emily Franchini
Silver	Uncaged: Trauma Recovery Using Facet Integration Technique	Sparrow Spaulding	Cage Free Press
	21 - Photography & Arts	Author/s	Publisher
Gold	Bird Planet: A Photographic Journey	Tim Laman	Abrams Books
Gold	No Justice, No Peace	Devin Allen	Legacy Lit
Silver	A Thousand Trails Home	Seth Kantner	Mountaineer Books

Silver	Heidi Kumao: Real and Imagined	Heidi Kumao	Maize Books/Michigan Publishing
	22 A - Poetry	Author/s	Publisher
Gold	Last Days	Tamiko Beyer	Alice James Books
Gold	There Are Still Woods	Hila Ratzabi	June Road Press
Gold	When I Was the Wind	Hannah Lee Jones	June Road Press
Silver	Animal Afterlife	Jaya Stenquist	Airlie Press
Silver	Antipodes	JC Mehta	New Rivers Press
Silver	black god mother this body	Raina J. Leon	Black Freighter Press
Silver	Incantations for Rest: Poems, Meditations & Other Magic	Atena O. Danner	Skinner House Books
Silver	Walk Deep	Abigail Morgan Prout	Wayfarer Books- Homebound Publications
	22 A - Special Honors: Debut Author	Author/s	Publisher
Gold	Gentle Shadows Fierce Wings	Nikita Kapoor	Paper Lily Press, LLC
	22 B - Lyric Prose or Hybrid Works	Author/s	Publisher
Gold	Circle Way: A Daughter's Memoir, a Writer's Journey Home	Mary Ann Hogan, Eric Newton, Bill Hogan, illstr	Wonderwell
Gold	Flight Feathers	Gwendolyn Morgan	Wayfarer Books
Silver	Drive Through the Night: A Poetic Memoir on Taming, Reclaiming & Becoming Wild	L.M. Browning	Homebound Publications
Silver	Halfway from Home	Sarah Fawn Montgomery	Split/Lip Press
Silver	Myriad Intimacies	Lata Mani	Duke University Press
	23 - Relationships & Communication (large press)	Author/s	Publisher
Gold	Conversations with People Who Hate Me	Dylan Marron	Atria Books, Simon and Shuster
Gold	Getting to the Heart of Science Communication: A Guide to Effective Engagement	Faith Kearns	Island Press
Silver	Holy Love: The Essential Guide to Soul-Fulfilling Relationships	Elisa Romeo, Adam Foley	New World Library
Silver	Sorry, No English	Craig Storti	Chambers
Silver	The Other	Daniela Pierre-Bravo	Legacy Lit

	23 - Relationships & Communication (small press)	Author/s	Publisher
Gold	Codependent No More	Melody Beattie	Spiegel & Grau
Silver	The Courage to Stay: How to Heal From an Affair and Save Your Marriage	Kathy Nickerson, PhD	Dr. Kathy & Company Press
Silver	Mindful Conversation: Speak Openly, Connect Deeply, Live Joyously	Peter Gibb	Atmosphere Press
	23 - Focused Topic	Author/s	Publisher
Silver	Intimate Inequalities: Millennials' Romantic Relationships in Contemporary Times	Cristen Dalessandro	Rutgers University Press
	24 A - Religion / Spirituality of Eastern Thought	Author/s	Publisher
Gold	Fractals of Reality	Kavitha Chinnaiyan, MD, Rashmi Thirtha Jyoti- illustr	Sfaim Press
Silver	The Dharma Bum's Guide to Western Literature: Finding Nirvana in the Classics	Dean Sluyter	New World Library
Silver	The Prophet Returns - Calm Words for Troubled Times	Kirk Heriot, MD, PhD	Lost Coast Press
Silver	Through Forests of Every Color: Awakening with Koans	Joan Sutherland	Shambhala Publications
	24 A - Focused Topic: Memoir	Author/s	Publisher
Gold	Appalachian Zen	Steve Kanji Ruhl	Monkfish Book Publishing
	24 B - Religion / Spirituality of Western Thought	Author/s	Publisher
Gold	Psalms: A Millennial's Poetic Interpretation	Brielle Paige Ressler	Merchav Press
Gold	Speak with the Earth and It Will Teach You: A Field Guide to the Bible	Daniel Cooperrider	The Pilgrim Press
Silver	A New Heaven: Death, Human Destiny, and the Kingdom of God	Harvey Cox	Orbis Books
Silver	Let Your Heartbreak Be Your Guide: Lessons in Engaged Contemplation	Adam Bucko	Orbis Books

Silver	Matthew Fox: Essential Writings on Creation Spirituality	Matthew Fox, Charles Burack	Orbis Books
24 C - Religion / Spirituality of Other Traditions		Author/s	Publisher
Gold	Home to Her	Liz Childs Kelly	Womancraft Publishing
Gold	Hope Leans Forward: Braving Your Way toward Simplicity, Awakening, and Peace	Valerie Brown	Broadleaf Books
Silver	GodLight, Possibilities from the Intersections of Science and Spirituality	Bart Barthelemy	Robert Barthelemy
Silver	The Power of Positive Thinking - Interfaith 21st Century Edition	Norman Vincent Peale with Hasan Ismaik	
Silver	Wisdom of the Wild Ones: The Encyclopedia of Animal Spirit Guides	Bernadette King	Building Beautiful Souls, Inc.
24 D - Philosophy		Author/s	Publisher
Gold	Life Is Hard: How Philosophy Can Help Us Find Our Way	Kieran Setiya	Riverhead Books, an imprint of Penguin Random House
Silver	Einstein in the Attic	Dana Dargos, Said Al Bizri	Solstice Publishing
Silver	Joseph Imagines God: A Philosophical Novel	Roger Neumaier	Bratman Publishing
25 - Science and Cosmology (large press)		Author/s	Publisher
Gold	Starry Messenger: Cosmic Perspectives on Civilization	Neil deGrasse Tyson	Henry Holt / Macmillan
Gold	The Story of Gaia The Big Breath and the Evolutionary Journey of our Conscious Planet	Jude Currivan	Inner Traditions
Silver	Cosmic Roots: The Conflict Between Science and Religion and How it Led to the Secular Age	Ira Mark Egdall	World Scientific Publishing
Silver	The Story of Our Lives: Homo Sapiens' Secret of Success	David Liat Ben	World Scientific Publishing
Silver	Time and Beauty	Adrian Bejan	World Scientific Publishing
25 - Science and Cosmology (small press)		Author/s	Publisher

Gold	Science, Being, & Becoming: The Spiritual Lives of Scientists	Paul J Mills	Light On Light
Silver	The Evolution of Life: Big Bang to Space Colonies	Richard M. Anderson	Precocity Press
	26 - Social Sciences & Education	Author/s	Publisher
Gold	Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions	Temple Grandin, Ph.D.	Riverhead Books, an imprint of Penguin Random House
Gold	Making Shift Happen: Designing for Successful Environmental Behavior Change	Nya Van Leuvan, Rod Fujita, Lauren Highleyman, Ashleigh Kellerman	New Society Publishers
Silver	Me Power	LaNysha T. Adams	New Degree Press
Silver	Seeing Through New Eyes, Deaf Culture and Deaf Pedagogies: The Unrecognized Curriculum	Paddy Ladd	DawnSignPress
Silver	The Families' Civil War: Black Soldiers and the Fight for Racial Justice	Holly A. Pinheiro, Jr.	University of Georgia Press
	26 - Focused Topic: Educational Guidebooks	Author/s	Publisher
Gold	The Book of Nature Connection: 70 Sensory Activities for All Ages	Jacob Rodenburg	New Society Publishers
Silver	Social Emotional Stories	Barbara A. Lewis	Free Spirit Publishing
	27 - Social Change & Social Justice	Author/s	Publisher
Gold	No Justice, No Peace	Devin Allen	Legacy Lit
Gold	Rest Is Resistance	Tricia Hersey	Little, Brown Spark
Silver	Building Communities of Trust	Ann E Feldman	Routledge, Taylor & Francis
Silver	Inside Out: The Equity Leader's Guide to Undoing Institutional Racism	Caprice D. Hollins	New Society Publishers
Silver	Pain Generation: Social Media, Feminist Activism, and the Neoliberal Selfie	L. Ayu Saraswati	NYU PRESS
Silver	The Capitalist and the Activist	Tom C.W. Lin	Berrett-Koehler Publishers

	27 - Focused Topic: Memoir	Author/s	Publisher
Gold	A Good Country: My Life in Twelve Towns and the Devastating Battle for a White America	Sofia Ali-Khan	Random House
Silver	Making Global Sense: Grounded hope for democracy inspired by Thomas Paine's Common Sense	Judah Freed	Hoku House
Silver	Still Hopeful: Lessons from a Lifetime of Activism	Maude Barlow	ECW Press
	27 - Focused Topic: Philanthropy	Author/s	Publisher
Silver	Empowering Charity: A New Narrative of Philanthropy	Froswa' Booker-Drew	Baylor University Press
Silver	The Generosity Crisis: The Case for Radical Connection to Solve Humanity's Greatest Challenges	Nathan Chappell, Brian Crimmins, Michael Ashley	Wiley
	28 - World-Cultures' Transformational Growth & Development (large press)	Author/s	Publisher
Gold	What We Owe the Future	William MacAskill	Basic Books
Silver	On Belonging: Finding Connection in an Age of Isolation	Kim Samuel	Abrams Books
Silver	The Long Land War: The Global Struggle for Occupancy Rights	Jo Guldi	Yale University Press
	28 - World-Cultures' Transformational Growth & Development (small press)	Author/s	Publisher
Gold	Escaping Maya's Palace: Decoding an Ancient Myth to Heal the Hidden Madness of Modern Civilization	Richard Sclove	Karavelle Press
Silver	Humanity Reimagined: Where we go from here	Martin Fiore	Rivertowns Books
Silver	What Could Go Right: Designing Our Ideal Future to Emerge from Continual Crises to a Thriving World	Justin Bean	Justin Bean
	29 - Rising To The Moment (large press)	Author/s	Publisher

Gold	That Sucked. Now What?: How to Embrace the Joy in Chaos and Find Magic in the Mess	Dr. Neeta Bhusan, Amber Rae- Illustr	Hay House
Silver	Do the Work!	W. Kamau Bell, Kate Schatz	Workman Publishing
Silver	The Things We Love	Aaron Ahuvia, PhD	Little, Brown Spark
	29 - Rising To The Moment (small press)	Author/s	Publisher
Gold	Confronting the Storm: Regenerating Leadership and Hope in the Age of Uncertainty	David Ross	Business Expert Press
Gold	Imaginable	Jane McGonigal	Spiegel & Grau
Silver	The Radiant Heart of the Cosmos: Compassion Teachings for Our Time	Penny Gill	Green Fire Press
Silver	Trusting Change: Finding Our Way Through Personal and Global Transformation	Karen Hering	Skinner House Books
	29 - Rising To The Moment-Focused Topic: COVID Pandemic	Author/s	Publisher
Gold	The Coronation: Essays from the Covid Moment	Charles Eisenstein	Chelsea Green Publishing
Silver	Cancer, COVID, and Chaos - Essays and Images about Life during a Pandemic	Jim Segaar	Self
Silver	The Healer's Path to Post-COVID Recovery: A Restorative Journey for Healthcare Workers	Katherine T Kelly, Ph.D., M.S.P.H.	Soul Health Press
Silver	The Long Haul: Solving the Puzzle of the Pandemic's Long Haulers And How They Are Changing Healthcare Forever	Ryan Prior	Post Hill Press
	30 A - Children's Picture Books / Fiction Ages 2- 6 Years (Preschool-Grade 2)	Author/s	Publisher
Gold	Meeting Exceptional Friends	Lindsey Larsen	Two Dandelions Press
Gold	Sam the Eco Robot & The Ghost Nets	Thassanee Wanick, Teresa & Steven Geer- Illust	Post Hill Press

Gold	The ForestGirls, with the World Always	Sissel Waage & Ana-Maria Cosma-Illust	Lulu Press
Silver	Amara and the Bats	Emma Reynolds	Simon & Schuster, Atheneum Books for Young Readers
Silver	It's Too Much!	Patty Wing Davis, Cindy Ho- Illust	Patty Wing Davis
Silver	Letting the Summer Go	Alice Teasdale, Julia Both- Illustr	Wakefield Press
Silver	No House Mouse	Brian Donnelly, Vincent Joubert-Illustr	Mythographers Workshop LLC
Silver	Three Pockets Full: A story of love, family, and tradition	Cindy L. Rodriguez, Begona Fernandez Corbalan- Illust	Cardinal Rule Press
	30 B - Children's Picture Books / Non-Fiction Ages 2- 6 Years (Preschool- Grade 2)	Author/s	Publisher
Gold	Footprints Across the Planet	Jennifer Swanson	Reycraft Books
Gold	Naturopolis	Deborah Frenkel , Ingrid Bartkowiak-Illustr	Storytorch Press
Silver	Caution: Turtles and Frogs Ahead!	Joanne Mattern, Maxime Bonneau-Illustr	Red Chair Press
Silver	Count On Us!: Climate Activists from One to a Billion	Gabi Synder, author, Sarah Walsh- Illustr	Barefoot Books
Silver	Let Your Inner Golden Sparkle	Sarah Vie	Muse Literary
Silver	Scrap Metal Swan: A River Clean-Up Story	Joanne Linden, Estrellita Caracol-Illustr	Barefoot Books
	31 A - Children's Illustrated / Fiction Ages 6- 9 Years (Grades 1-4)	Author/s	Publisher
Gold	Hello, My Name is Bunny! Paris	Matt Bloom, author, Pippa Mayell, illustr	Positivity Publishing LLC
Gold	Nour's Secret Library	Wafa' Tarnowska, Vali Mintzi- Illustr	Barefoot Books
Silver	Beware the Sunda Slow Loris and Other Singaporean Fables	Chen Junhua, Chan Shu Yin- Illustr	Epigram

Silver	Shrieks and Sounds and Things Abound! (The Quiet Wants of Julien J.)	Dr. Drew Palacio	BrandyLane Publishers Inc.
Silver	The Word Nerd	Kristin Pierce, Jesus Lopez Pastor- Illustr	Inner Compass Books
Silver	Why Me, Mama?	Katherine M Lockwood	Acorn Cottage Press
	31 A - Focused Topic: Translations	Author/s	Publisher
Silver	Dekyi's Dream	Caryn Hartman, Lexi Vay- Illustr	Pema Publishing
Silver	Giant Turtle's Long Nap	Author Dana Green, Levendivin- Illustr	Buddhist Text Translation Society
	31 B - Children's Illustrated / Non-Fiction Ages 6- 9 Years (Grades 1- 4)	Author/s	Publisher
Gold	See Me: The Invisible Autistic Boy	David Petrovic, Author and Illustr	Amazon KDP Publishing
Gold	The Rodent, the Bee, and the Brazil Nut Tree:How Living Things Work Together for Survival	Sheri Amsel, author and Illustr	Eifrig Publishing
Silver	All About Dyspraxia	Kathy Hoopman	Jessica Kingsley Publishers
Silver	Animals Lost and Found: Stories of Extinction, Conservation and Survival	Jason Bittel, Jonathan Woodward- Illustr	DK
Silver	The World of Coral Reefs: Explore and Protect the Natural Wonders of the Sea	Erin Spencer, Alexandria Neonakis- Illustr	Storey Publishing
Silver	Totality: An Eclipse Guide in Rhyme and Science	Jeffrey Bennett	Big Kid Science
	31 B - Focused Topic: Translations	Author/s	Publisher
Silver	The Story of Ukraine: An Anthem of Glory and Freedom	Olena Kharchenko, Michael Sampson & Polina Doroshenko- Illustr	Brown Books Kids
	33 - Middle Grade Non-Fiction, Ages 8- 12 (Grades 4- 7)	Author/s	Publisher
Gold	A Leaf for Bongani: A Novelette	Claire Ishi Ayetoro, Mayer Mustafa- Illustr	Equal Age

Gold	Chanarack & Tabberlox	Casson Trenor, Stephanie Law- Illustr	Shark & Siren Press
Gold	WIND	Ellen Dee Davidson	Luminare Press
Silver	Arctic Dinosaurs of Alaska	Bonnye Matthews	Fathom Publishing
Silver	Salmon Survivor	Christian A. Shane	Relevant Publishers LLC
Silver	The ForestGirls, with their Friends and Teachers	Sissel Waage , Ana- Maria Cosma- Illustr	Lulu Press
Silver	The River Between Hearts	Heather Mateus Sappenfield	Fitzroy Books/Regal House Publishing
33 - Middle Grade Non-Fiction, Ages 8- 12 (Grades 4- 7)		Author/s	Publisher
Gold	The Wild World Handbook: Habitats	Andrea Debbink, Asia Orlando- Illustr	Quirk Books
Silver	Fighting for Change: Andrew Yang's Path Forward	Maddon Hoh-Choi, Tina Choi	Publish Your Purpose (PYP)
Silver	Science Discovery Files: 10 Forgotten Stories of Incredible Scientists	Diane Lincoln	World Scientific Publishing
Silver	The ForestGirls: A Journal, A Journey	Sissel Waage, Ivana Josipovic- Illustr	Lulu Press
Silver	Ultimate Kids' Guide to Being Super Healthy: What You Need To Know About Nutrition, Exercise, Sleep, Hygiene, Stress, Screen Time, and More	Dr. Nina Shapiro, Nicole Grimes- Illustr	Skyhorse Publishing, Inc.
34 - Young Adult (YA) Fiction, Ages 13- 19+ (Grades 8- 12)		Author/s	Publisher
Gold	Come Day in Night	Hal Evans	Brown Books Publishing Group
Gold	Freeze Frame	Tyler Beauchamp	Happy Self Publishing
Silver	How You Grow Wings	Rimma Onoseta	Workman Publishing
Silver	On a Rooftop in Beijing	Maggie Paredes	Muse Literary
Silver	The Science of Being Angry	Nicole Melleby	Workman Publishing
34 - Young Adult (YA) Fiction- Fantasy		Author/s	Publisher
Gold	Seasons of the Blue Pearl	Nicholas Varner	Friesen Press

Gold	What The Kek Kek Saw	F. Pieter Lefferts	UnCollected Press
Silver	Cassandra and the Crystal Cave	Deborah Shining Star	LightHeart Healing Arts, LLC
Silver	Because of the Night	Rue L'Hommedieu	Muse Literary
Silver	Rise : Awenmell Series Book Two	Lisa King	Felen Press
	34 - Young Adult (YA) Fiction-SciFi	Author/s	Publisher
Gold	A Stellar Purpose	Natacha Belair	Köehler Books Publishing
Silver	Monsters of Camp Erehwon	C. De Koninck	
	35 - Non-Fiction Ages 13 - 19+ (Grades 8-12)	Author/s	Publisher
Gold	Braiding Sweetgrass for Young Adults: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants	Robin Wall Kimmerer, Monique Gray Smith, Nicole Neidhardt-Illustr	Lerner Publishing Group
Silver	Made for More: A Fresh Start Approach to a Bolder, Brighter You	Lindsay Sealey	Wonderwell
Silver	Sojourners	Andrew Jarvis	Wayfarer Books