Books for a Better Life Finalists and Winners

Year	Code	Book Title	Author	Publisher	Category
1996	F	Ancient Secrets: Using The Stories of the Bible to Improve Our Everyday Lives	Rabbi Levi Meier	Jewish Lights Publishing	Spiritual
1996	F	Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein	Sylvia Boorstein	Harper San Francisco	Spiritual
1996	F	Growing Myself: A Spiritual Journey Through Gardening	Judith Handelsman	Dutton Adult	Spiritual
1996	F	Kitchen Table Wisdom: Stories That Heal	Rachel Naomi Remen	Riverhead Books	Spiritual
1996	F	Living Our Dying: A Way to the Sacred in Everyday Life	Joseph Sharp	Hyperion Books	Spiritual
1996	W	**The Re-enchantment of Everyday Life**	**Thomas Moore**	**Perennial**	**Spiritual**
1996	F	Spiritual Literacy: Reading the Sacred in Everyday Life	Frederic Brussat	Scribner	Spiritual
1996	F	The Cloister Walk	Kathleen Norris	Riverhead Trade	Spiritual
1996	W	**Living Faith**	**Jimmy Carter**	**Three Rivers Press**	**Book Most Helpful to those with a chronic disease like MS**
1996	F	Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul	Melody Beattie	Harper San Francisco	Spiritual
1996	F	American Medical Association Complete Guide to Women's Health	Ramona I. Slupick, M.D., Medical Editor	Random House	Wellness
1996	F	Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents and Adults With Attention Deficit Disorder	Stephen W. Garber, Ph.D., Marianne Daniels Garber, Ph.D., and Robyn Freedman Spizman	Perennial	Wellness
1996	F	Cooking Well for the Unwell: More Than One Hundred Nutritious Recipes	Eileen Behan, R.D.	Cookbooks	Wellness
1996	F	Fit Over Forty: A Revolutionary Plan to Achieve Lifelong Physical and Spiritual Health and Well-Being	James M. Rippe, M.D.	Quill	Wellness
1996	W	**How To Care For Aging Parents**	**Virginia Morris**	**Workman Publishing Company**	**Wellness**
1996	F	Make the Connection: Ten Steps to a Better Body and a Better Life	Bob Greene and Oprah Winfrey	Hyperion Books	Wellness
1996	F	Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques	Peggy Huddleston	Angel River Press	Wellness
1996	F	Receitas para uma Nova Idade: Recipes for Change	Lissa De Angelis and Molly Siple	Angra	Wellness
1996	F	*It's Not All In Your Head: Now Women Can Discover the Real Causes of their Most Commonly Misdiagnosed Health Problems	Susan Swedo, M.D. and Henrietta Leonard, M.D.	Harper San Francisco	Wellness
1996	F	Timeless Healing	Herbert Benson, M.D.	Scribner	Wellness
1996	F	A Healing Family	Kenzaburo Oe	Kodansha International	Memoir
1996	F	Drinking: A Love Story	Caroline Knapp	Dial Press Trade Paperback	Memoir
1996	F	Geography of the Heart	Fenton Johnson	Scribner	Memoir
1996	F	Heaven's Coast: A Memoir	Mark Doty	Perennial	Memoir
1996	F	Life As We Know It: A Father, a Family, and an Exceptional Child	Michael Berube	Vintage	Memoir
1996	F	Looking After: A Son's Memoir	John Daniel	Counterpoint	Memoir
1996	W	**Seeing the Crab**	**Christina Middlebrook**	**Anchor**	**Memoir**
1996	F	*Sex, Death, Enlightenment: A True Story	Mark Matousek	Riverhead Books	Memoir
1996	F	Terry: My Daughter's Life-and-Death Struggle With Alcoholism	George McGovern	Plume Books	Memoir
1996	F	*My First White Friend: Confessions on Race, Love and Forgiveness	Patricia Raybon	Penguin Books	Memoir
1996	F	A 3rd Serving of Chicken Soup for the Soul	Jack Canfield and Mark Victor Hansen	HCI	Motivational
1996	W	**Live the Life You Love: In Ten Easy Step-by-Step Lessons**	**Barbara Sher**	**Dell**	**Motivational**
1996	F	A Cherokee Feast of Days Volume 2	Joyce Sequichie Hifler	Council Oak Books	Motivational
1996	F	Creating From the Spirit	Dan Wakefield	Ballantine Books	Motivational
1996	F	Miss Manners Rescues Civilization: From Sexual Harassment, Frivolous Lawsuits, Dissing, and Other Lapses in Civility	Judith Martin	Crown	Motivational
1996	F	Instructions to the Cook: A Zen Master's Lessons in Living a Life That Matters	Bernard Glassman	Harmony/Bell Tower	Motivational
1996	F	The Climb of My Life: A Miraculous Journey from the Edge of Death to the Victory of a Lifetime	Laura Evans	Harper San Francisco	Motivational
1996	F	Going to Plan B: How You Can Cope, Regroup, and Start Your Life on a New Path	Nancy K. Schlossberg and Susan Porter Robinson	Fireside	Motivational
1996	F	*Not Now...I'm Having a No Hair Day: Humor and Healing for People With Cancer	Christine Clifford	University of Minnesota Press	Motivational
1996	F	The Power Behind Positive Thinking: Unlocking Your Spiritual Potential	Eric Fellman	Harper Collins Publishers	Motivational
1996	F	Awakening at Midlife	Kathleen A. Brehony	Riverhead Trade	Psychology
1996	W	**Becoming Gay: The Journey to Self-Acceptance**	**Richard A. Isay, M.D.**	**Owl Books**	**Psychology**
1996	F	Beyond Motherhood: Choosing a Life Without Children	Jeanne Safer	Pocket	Psychology
1996	F	Close to the Bone: Life Threatening Illness and the Search for Meaning	Jean Shinoda Bolen	Scribner	Psychology
1996	F	Doors Close, Doors Open: Widows, Grieving and Growing	Morton A. Lieberman, Ph.D.	Putnam Publishing Group	Psychology
1996	F	Life Preservers: Good Advice When You Need It Most	Harriet Lerner	Perennial Currents	Psychology
1996	F	When is Enough, Enough?: What You Can Do If You Never Feel Satisfied	Laurie Ashner & Mitch Meyerson	Hazelden	Psychology

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1996	F	When Someone You Love Is Depressed	Laura Epstein Rosen, Ph.D. & Xavier Francisco Amador, Ph.D.	Free Press	Psychology
1996	F	It's Nobody's Fault: New Hope and Help for Difficult Children and Their Parents	Harold Koplewicz, M.D.	Three Rivers Press	Psychology
1996	F	I.D.: How Heredity and Experience Make You Who You Are	Winifred Gallagher	Random House	Psychology
1996	F	*After the Affair: Healing the Pain and Rebuilding the Trust When a Partner Has Been Unfaithful	Janis Abrahms Spring with Michael Spring	Perennial Currents	Relationships
1996	F	Biting the Apple: Women Getting Wise About Love	Judith Sills, Ph.D.	Viking Adult	Relationships
1996	F	Change of Heart: Words of Experience and Hope Through the Journey of Divorce	Julia Thorne	Perennial	Relationships
1996	W	**She Works / He Works: How Two-Income Families Are Happy, Healthy, and Thriving**	**Rosalind Barnett & Caryl Rivers**	**Harvard University Press**	**Relationships**
1996	F	Love, Honor and Negotiate: Building Partnerships That Last a Lifetime	Betty Carter & Joan K. Peters	Atria	Relationships
1996	F	The Intimacy Dance: A Guide to Long-Term Success in Gay and Lesbian Relationships	Dr. Betty Berzon	Plume	Relationships
1996	F	The Shelter of Each Other: Rebuilding Our Families	Mary Pipher	Ballantine Books	Relationships
1996	F	Too Good to Leave, Too Bad to Stay	Mira Kirshenbaum	Michael Joseph	Relationships
1996	F	How Did I Become My Parent's Parent?	Harriet Sarnoff Schiff	Penguin Books	Relationships
1996	F	After the Death of a Child: Living with Loss Through the Years	Ann K. Finkbeiner	The John Hopkins University Press	Relationships
1996	F	*After the Affair: Healing the Pain and Rebuilding the Trust When a Partner Has Been Unfaithful	Janis Abrahms Spring with Michael Spring	Perennial Currents	First Book
1996	F	Give Sorrow Words: A Father's Passage Through Grief	Tom Crider	Algonquin Books	First Book
1996	F	Miraculous Living: A Guided Journey in Kabbalah Through the Ten Gates of the Tree of Life	Rabbi Shoni Labowitz	Fireside	First Book
1996	F	Dear Bruno	Alice Trillin	New Press	First Book
1996	F	*Not Now...I'm Having a No Hair Day: Humor and Healing for People With Cancer	Christine Clifford	University of Minnesota Press	First Book
1996	F	Patty's Journey: From Orphanage to Adoption and Reunion	Donna Scott Norling	University of Minnesota Press	First Book
1996	W	***My First White Friend: Confessions on Race, Love and Forgiveness**	**Patricia Raybon**	**Penguin Books**	**First Book**
1996	F	*Sex Death Enlightenment: A True Story	Mark Matousek	Riverhead Books	First Book
1996	F	Swimming the Channel	Sally Friedman	Henry Holt & Company	First Book
1996	F	*It's Not All In Your Head: Now Women Can Discover the Real Causes of their Most Commonly Misdiagnosed Health Problems	Susan Swedo, M.D. and Henrietta Leonard, M.D.	Harper San Francisco	First Book
1997	F	Dogs Never Lie About Love: Reflections on the Emotional World of Dogs	Jeffrey Moussaieff Masson	Three Rivers Press	Psychology
1997	F	When Madness Comes Home: Help and Hope for Families of the Mentally Ill	Victoria Secunda	Hyperion	Psychology
1997	F	Finding Contentment: When Momentary Happiness Just Isn't Enough	Neil Clarke Warren	Nelson Books	Psychology
1997	F	The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks	Thomas F. Cash Ph.D.	New Harbinger Publications	Psychology
1997	F	I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Terrence Real	Scribner	Psychology
1997	F	Giving the Love That Heals: A Guide For Parents	Harville Hendrix, Ph.D. and Helen Hunt, M.A., M.L.A.	Atria	Relationships
1997	F	Marriage Shock: The Transformation of Women Into Wives	Dalma Heyn	Villard	Relationships
1997	F	Passionate Marriage: Love, Sex, and Intimacy in Emotionally Committed Relationships	David Schnarch, Ph.D.	Owl Books	Relationships
1997	F	The Divorce Culture: Rethinking Our Commitments to Marriage and Family	Barbara Dafoe Whitehead	Vintage	Relationships
1997	F	To Love and Be Loved	Sam Keen	Bantam	Relationships
1997	F	Anam Cara: A Book of Celtic Wisdom	John O'Danahue	Perennial	Spiritual
1997	F	Everyday Blessings: The Inner Work of Mindful Parenting	Myla and Joh Kabat-Zinn	Hyperion	Spiritual
1997	F	Sacred Practices for Conscious Living	Nancy Napier	W. W. Norton & Company	Spiritual
1997	F	The Lessons of St. Francis: How to Bring Simplicity and Spirituality Into Your Daily Life	John Michael Talbot	Plume	Spiritual
1997	F	Tomato Blessings and Radish Teachings: Recipes and Reflections	Edward Espe Brown	Riverhead Hardcover	Spiritual
1997	F	A Woman's Book of Life	Joan Borysenko, Ph.D.	Riverhead Trade	Wellness
1997	F	Foods That Harm, Foods That Heal	Reader's Digest Editors	Reader's Digest Association	Wellness
1997	F	How To Care for Your Parents: A Handbook for Adult Children	Nora Jean Levin	Storm King Press	Wellness
1997	F	Take Off 10 Years in 10 Weeks	Judith Wills	Reader's Digest Association	Wellness
1997	W	**The Measure of Our Days: New Beginnings at Life's End**	**Jerome Groopman, MD**	**Penguin Books**	**Wellness**
1997	F	Finding Serenity in the Age of Anxiety	Robert Gerzon	Bantam	First Book
1997	F	Intimate Death: How the Dying Teach Us How to Live	Marie De Hennezel	Vintage	First Book

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1997	F	Memory Slips: A Memoir of Music and Healing	Linda Katherine Cutting	Harper Collins Publishers	First Book
1997	F	The Rights of the Dying: A Companion for Life's Final Moments	David Kessler	Perennial	First Book
1997	F	Winning Spirit	Zoe Koplowitz with Mike Celizic	Doubleday	First Book
1997	F	All Over But the Shoutin'	Rick Bragg	Vintage	Inspirational Memoir
1997	F	Look Up For Yes	Julia Tavalaro and Richard Tayson	Penguin Books	Inspirational Memoir
1997	F	The Diving Bell and the Butterfly: A Memoir of Life in Death	Jean-Dominque Bauby	Knopf	Inspirational Memoir
1997	F	The Last Gift of Time: Life Beyond Sixty	Carolyn G. Heilbrun	The Dial Press	Inspirational Memoir
1997	F	The Last Time I Wore a Dress	Daphne Scholinski with Jane Meredith Adams	Riverhead Trade	Inspirational Memoir
1997	F	I'm Not as Old as I Used to Be: Reclaiming Your Life in the Second Half	Frances Weaver	Hyperion Books	Motivational
1997	F	Succulent Wild Woman	Sark	Fireside	Motivational
1997	F	9 Steps to Financial Freedom: Practical and Spiritual Ways So You Can Stop Worrying	Suze Orman	Three Rivers Press	Motivational
1997	F	The Savvy Woman's Success Bible: How to Find the Right Job	Tina Santi Flaherty and Kay Iselin Gilman	Perigee Trade	Motivational
1997	F	Don't Sweat the Small Stuff...And It's All Small Stuff	Richard Carlson, Ph.D.	Hyperion	Motivational
1998	F	Cutting: Understanding and Overcoming Self-Mutilation	Steven Levenkron	W. W. Norton & Company	Psychology
1998	F	Ghosts from the Nursery: Tracing the Roots of Violence	Robin Karr-Morse & Meredith S. Wiley	Atlantic Monthly Press	Psychology
1998	W	**How You Can Survive When They're Depressed: Living and Coping with Depression Fallout**	**Anne Sheffield**	**Three Rivers Press**	**Psychology**
1998	F	Just Checking: Scenes from the Life of an Obsessive-Compulsive	Emily Colas	Diane Publishing Company	Psychology
1998	F	Phantoms in the Brain: Probing the Mysteries of the Human Mind	V.S. Ramachandran, M.D., Ph.D. & Sandra Blakeslee	Perennial	Psychology
1998	F	10 Principles for Spiritual Parenting: Nurturing Your Child's Soul	Mimi Doe with Marsha Walch, Ph.D.	Perennial Currents	Relationships
1998	F	A Different Kind of Man: Changing Male Roles in Today's World	Richard P. Olson	Judson Press	Relationships
1998	F	If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World	Dan Neuharth, Ph.D.	Perennial Currents	Relationships
1998	W	**Pack of Two: The Intricate Pact Between People and Dogs**	**Caroline Knapp**	**Delta**	**Relationships**
1998	F	What Men Want	Brandley Gerstman, ESQ., Christopher Pizzo, CPA and Rich Seldes, M.D.	Marabout	Relationships
1998	F	Amazing Grace: A Vocabulary of Faith	Kathleen Norris	Riverhead Books	Spiritual
1998	W	**Going to Pieces Without Falling Apart**	**Mark Epstein, M.D.**	**Broadway**	**Spiritual**
1998	F	The Best Spiritual Writing 1998	Edited by Philip Zaleski	Harper San Francisco	Spiritual
1998	F	The Bond Between Women	China Galland	Riverhead Hardcover	Spiritual
1998	F	Things Seen and Unseen: A Year Lived in Faith	Nora Gallagher/Alfred A. Knopf	Vintage	Spiritual
1998	W	**Healing From the Heart: A Leading Surgeon Combines Eastern and Western Traditions to Create the Medicine of the Future**	**Mehmet Oz, M.D.**	**Plume Press**	**Wellness**
1998	F	Relax -You May Only Have a Few Minutes Left: Using the Power of Humor to Overcome Stress in Your life and Work	Loretta LaRoche	Villard	Wellness
1998	F	The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection	Carolyn Scott Kortge	Harper San Francisco	Wellness
1998	F	Strong Women Stay Slim	Miriam E. Nelson, Ph.D. and Sarah Wernick, Ph.D.	Bantam	Wellness
1998	F	Successful Aging	John W. Rowe, M.D. and Robert L. Kahn, Ph.D.	Dell	Wellness
1998	F	Brothers on the Mend: Understanding and Healing Anger for African-American Men and Women	Ernest H. Johnson, Ph.D.	Atria	First Book
1998	F	Just Checking: Scenes from the Life of an Obsessive-Compulsive	Emily Colas	Diane Publishing Company	First Book
1998	F	Planet of the Blind	Stephen Kuusisto	Delta	First Book
1998	F	Survivor: Taking Control of Your Life Against Cancer	Laura Landro	Touchstone	First Book
1998	F	Wasted: A Memoir of Anorexia and Bulimia	Marya Hornbacher	Perennial	First Book
1998	W	**After Silence: Rape & MY Journey**	**Nancy Venable Raine**	**Three Rivers Press**	**Inspirational Memoir**
1998	F	Falling Leaves: The Memoir of an Unwanted Chinese Daughter	Adeline Yen Mah	Broadway	Inspirational Memoir
1998	F	No Time to Die: Living with Ovarian Cancer	Liz Tilberis with Aimee Lee Ball	Perennial Currents	Inspirational Memoir
1998	W	**Planet of the Blind**	**Stephen Kuusisto**	**Delta**	**Inspirational Memoir**
1998	F	Rocket Boys	Homer H. Hickam, Jr.	Delta	Inspirational Memoir
1998	F	Doing the Right Thing: Cultivating Your Moral Intelligence	Aaron Hass, Ph.D.	Atria	Motivational
1998	W	**9 Secrets of Women Who Get Everything They Want**	**Kate White**	**Harmony**	**Motivational**
1998	F	Something More: Excavating Your Authentic Self	Sarah Ban Breathnach	Warner Books	Motivational

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1998	F	Raising Our Athletic Daughters: How Sports Can Build Self-Esteem and Save Girls' Lives	Jean Zimmerman & Gil Reavill	Main Street Books	Motivational
1998	F	When You Eat at the Refrigerator, Pull Up a Chair	Geneen Roth	Hyperion	Motivational
1998	F	Country Living's Healthy Living	Debra Kent	Country Living	Magazine Contribution
1998	F	McCall's My Son's Heart Beats On	Claire Safran	Country Living	Magazine Contribution
1998	F	Men's Health Missing Children	Peter Landesman	McCall's	Magazine Contribution
1998	F	Men's Health Another Shot	Joe Kita	Men's Health	Magazine Contribution
1998	W	**Self The Time of Her Life**	**A. Carman Clark**	**Men's Health**	**Magazine Contribution**
1999	F	Another Country: Navigating the Emotional Terrain of Our Elders	Mary Piper, Ph.D.	Riverhead Trade	Psychology
1999	F	Difficult Conversations: How to Discuss What Matters Most	Douglas Stone, Bruce Patton, and Sheila Hen	Penguin Putnam	Psychology
1999	F	Night Falls Fast: Understanding Suicide	Kay Redfield Jamison	Vintage	Psychology
1999	W	**Raising Cain: Protecting the Emotional Life of Boys**	**Dan Kindling, Ph.D., Michael Thompson, Ph.D. with Teresa Barker**	**Ballantine Books**	**Psychology**
1999	F	See Jane Win: The Rim Report on How 1,000 Girl's Became Successful Women	Dr. Sylvia Rimm with Dr. Sara Rimm and Dr. Iona Rimm	Running Press Book Publishers	Psychology
1999	F	if the Buddha Dated: A Handbook for Finding Love on a Spiritual Path	Charlotte Karl, Ph.D.	Penguin	Relationships
1999	F	It's a Jungle Out There, Jane: Understanding the Male Animal in Your Life	Dr. Joy Browne	Three Rivers Press	Relationships
1999	F	Mother of My Mother: The Intimate Bond Between Generations	Hope Edelman	Delta	Relationships
1999	F	Sacred Legacies	Denise Linn	Rider & Company	Relationships
1999	W	**The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert**	**John M. Guttmann, Ph.D. and Nan Silver**	**Three Rivers Press**	**Relationships**
1999	F	At the Corner of East and Now: A Modern Life in Ancient Christian Orthodoxy	Frederica Mathew-Green	Jeremy P. Tarcher	Spiritual
1999	F	Circling the Sacred Mountain: A Spiritual Adventure Through the Himalayas	Robert Thurman and Tad Wise	Bantam	Spiritual
1999	W	**Ethics for The New Millennium**	**His Holiness the Dalai Lama**	**Riverhead Press**	**Spiritual**
1999	F	How Do We Know When It's God?: A Spiritual Memoir	Dan Wakefield	Little, Brown	Spiritual
1999	F	Making Loss Matter: Creating Meaning in Difficult Times	Rabbi David Wolfe	Riverhead Books	Spiritual
1999	F	American Indian Healing Arts: Herbs, Rituals, and Remedies for Every Season of Life	E. Barrie Kavas and Karen Bar	Bantam	Wellness
1999	F	Outsmarting Managed Care: A Doctor Shares His Insider's Secrets to Getting the Healthcare You Want	Bruce A. Barron, M.D., Ph.D.	Three Rivers Press	Wellness
Cliff	W	**Real Age**	**Michael F. Risen, M.D. with Elizabeth Anne Stephenson**	**Cliff Street Books/HarperCollins**	**Wellness**
1999	F	Reinventing Medicine: Beyond Mind-Body to a New Era of Healing	Larry Dorsey, M.D.	Harper San Francisco	Wellness
1999	F	Sounds of Healing	Mitchell L. Gaynor, M.D.	Broadway	Wellness
1999	F	Afterwards, You're a Genius: Faith, Medicine, and the Metaphysics of Healing	Chip Brown	Riverhead Books	First Book
1999	F	All Souls: A Family Story from Southie	Michael Patrick MacDonald	Ballantine Books	First Book
1999	F	Go for the Goal: A Champion's Guide to Winning Soccer and Life	Mia Hamm with Aaron Hefts	Harper Collins Publishers	First Book
1999	F	Mango Elephants in the Sun: How Life in an African Village Let Me Be in My Skin	Susana Herrera	Shambhala	First Book
1999	W	***The Red Devil: To Hell with Cancer and Back**	**Katherine Russell Rich**	**Crown**	**First Book**
1999	F	A Little Pregnant: Our Memoir of Fertility, Infertility, and a Marriage	Linda Carbine and Ed Decker	Grove Press	Inspirational Memoir
1999	F	Lanterns: A Memoir of Mentors	Marian Wright Edelman	Perennial Currents	Inspirational Memoir
1999	F	Reason for Hope: A Spiritual Journey	Jane Good all with Phillip Berman	Warner Books	Inspirational Memoir
1999	W	***The Red Devil: To Hell with Cancer and Back**	**Katherine Russell Rich**	**Crown**	**Inspirational Memoir**
1999	F	Wake Up, I'm Fat!	Camry Manheim	Broadway	Inspirational Memoir
1999	F	Children of the Dream: Our Own Stories of Growing Black in America	Laurel Holliday	Atria	Motivational
1999	F	How We Choose to Be Happy: The 9 Choices of Extremely Happy People - Their Secrets, Their Stories	Rick Foster and Greg Hicks	Perigee Books	Motivational
1999	F	Mothers Work	Rebecca Matthias	Currency	Motivational
1999	W	**The Courage to Be Rich: Creating a Life of Material and Spiritual Abundance**	**Suze Orman**	**Riverhead Trade**	**Motivational**
1999	F	The Invitation	Oriah Mountain Dreamer	Harper San Francisco	Motivational
1999	F	McCall's a little bit different	Amy Roof with Michelle Mandel	McCall's	Magazine Contribution
1999	W	**Men's Health How to Bury Your Father**	**Colin McEnroe**	**Men's Health**	**Magazine Contribution**
1999	F	Modern Maturity Touch and Go	Helen Joyce Harris	Modern Maturity	Magazine Contribution
1999	F	Seventeen Magazine Coming Out In America	Robert Rorke	Seventeen	Magazine Contribution
1999	F	Seventeen Magazine Force of habit	Melanie Mannarino	Seventeen	Magazine Contribution
2000	F	The Forgiving Self: The Road from Resentment to Connection	Robert Karen, Ph.D.	Anchor	Psychology
2000	W	**As Nature Made Him: The Boy Who Was Raised as a Girl**	**John Colapinto**	**Perennial**	**Psychology**

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2000	F	What Should I Do?: 4 Simple Steps to Making Better Decisions in Everyday Life	Bruce Weinstein, Ph.D.	Perigee Books	Psychology
2000	F	Unconditional Bliss: Finding Happiness in the Face of Hardship	Howard Raphael Cushnir	Quest Books	Psychology
2000	F	The Control Freak	Les Parrott III, Ph.D.	Tyndale House Publishers	Psychology
2000	F	Reconcilable Differences	Andrew Christensen, Ph.D. and Neil S. Jacobson, Ph.D.	The Guilford Press	Relationships
2000	F	Losing Your Parents, Finding Yourself: The Defining Turning Point of Adult Life	Victoria Secunda	Hyperion	Relationships
2000	F	Don't Make Me Stop This Car!: Adventures in Fatherhood	Al Roker	Scribner	Relationships
2000	F	I Know Just What You Mean: The Power of Friendship in Women's Lives	Ellen Goodman and Patricia O'Brien	Simon & Schuster	Relationships
2000	W	**How to Manage Your Mother: Understanding the Most Difficult, Complicated, and Fascinating Relationship in Your Life**	**Alyce Faye Cleese and Brian Bates**	**Reagan Books**	**Relationships**
2000	W	**After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path**	**Jack Kornfield**	**Bantam**	**Spiritual**
2000	F	The Book of Awakening: Having the Life You Want by Being Present to the Life You Have	Mark Nepo	Conari Press	Spiritual
2000	F	A Woman's Journey to God	Joan Borysenko	Riverhead Trade	Spiritual
2000	F	It's a Meaningful Life: It Just Takes Practice	Bo Lozoff	Penguin	Spiritual
2000	F	Sweeping Changes: Discovering the Joy of Zen in Everyday Tasks	Gary Thorp	Broadway	Spiritual
2000	F	The False Fat Diet: Revolutionary 21-Day Program for Losing the Weight You Think is Fat	Elson M. Hass, M.D. and Cameron Stauth	Ballantine Books	Wellness
2000	F	The Listening Hand: Self-Healing Through the Rubenfeld Synergy Method of Talk and Touch	Ilana Rubenfeld	Bantam	Wellness
2000	W	**Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis**	**Miriam E. Nelson, Ph.D. with Sarah Wernick, Ph.D.**	**Perigee Trade**	**Wellness**
2000	F	Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition	Andrew Weil, M.D.	Knopf	Wellness
2000	F	Healing Dreams: Exploring the Dreams That Can Transform Your Life	Marc Ian Barasch	Riverhead Books	Wellness
2000	F	Model Patient: My Life as an Incurable Wise-Ass	Karen Duffy	Perennial Currents	First Book
2000	F	Katie.com	Katherine Tarbox	Sauerlander	First Book
2000	W	**First They Killed My Father: A Daughter of Cambodia Remembers**	**Loung Ung**	**Perennial**	**First Book**
2000	F	Blackbird: A Childhood Lost and Found	Jennifer Lauck	Washington Square Press	First Book
2000	F	The Forest for the Trees: An Editor's Advice to Writers	Betsy Lerner	Riverhead Trade	First Book
2000	F	Patient Number One: A True Story of How One CEO Took on Cancer and Big Business in the Fight of His Life	Rick Murdock and David Fisher	Crown	Inspirational Memoir
2000	W	**An American Story**	**Debra J. Dickerson**	**Pantheon**	**Inspirational Memoir**
2000	F	In Lieu of Flowers: A Conversation for the Living	Nancy Cobb	Pantheon	Inspirational Memoir
2000	F	Infidelity	Ann Pearlman	MacAdam / Cage Publishing	Inspirational Memoir
2000	F	My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging	Rachel Naomi Remen, M.D.	Riverhead Trade	Inspirational Memoir
2000	W	**Life Makeovers: 25 Practical & Inspiring Ways to Improve Your Life One Week at a Time**	**Cheryl Richardson**	**Broadway**	**Motivational**
2000	F	The Art of Possibility: Transforming Professional and Personal Life	Rosamund Stone Zander and Benjamin Zander	Penguin	Motivational
2000	F	Time Management from the Inside Out: The Fool Proof System for Taking Control of Your Schedule - and Your Life	Julie Morgenstern	Owl Books	Motivational
2000	F	Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else	Alice D. Domar, Ph.D. and Henry Dreher	Penguin	Motivational
2000	W	**Ten Things I Wish I'd Known: Before I Went Out Into the Real World**	**Maria Shriver**	**Ormoor House**	**Motivational**
2000	F	Glamour: Fame, Pressure and Prescription Drug Abuse	Elizabeth Wurtzel	Glamour	Magazine Contribution
2000	F	Glamour: The Deadly College Dorn Disease-"I Got It"	Mary Ann Marshall	Glamour	Magazine Contribution
2000	F	Prevention: The Duke University 24-Day Program to Stop a Heart Attack	Martin J. Sullivan, M.D. and Ellen Michaud	Prevention	Magazine Contribution
2000	F	Prevention: Women's Secret Terror	Ellen Michaud	Prevention	Magazine Contribution
2000	F	**Self: Breast Cancer Handbook**	**Lauren Purcell - Editor**	**Self**	**Magazine Contribution**
2001	F	Self Matters: Creating Your Life from the Inside Out	Phillip C. McGraw, Ph.D	Free Press	Psychology
2001	F	Am I Weird or is this Normal? Advice and Info to Get Teens in the Know	Ms. Marlin Potash, Ed.D, Ms. Laura Potash Fruitman and Lisa Sussman	Fireside	Psychology
2001	W	**The Noonday Demon: An Atlas of Depression**	**Andrew Solomon**	**Scribner**	**Psychology**
2001	F	Queer Blues: The Lesbian and Gay Guide to Overcoming Depression	Kimeron Hardin & Marny Hall, Ph.D.	New Harbinger Publications	Psychology

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Year	Code	Book Title	Author	Publisher	Category
2001	F	Unholy Ghost: Writers on Depression	Nell Casey	Perennial	Psychology
2001	F	Why God Won't Go Away: Brain Science and the Biology of Believe	Dr. Andrew Newberg, M.D., Dr. Eugene D'Aquili, M.D.& Vince Rause	Ballantine Books	Relationships
2001	F	How to Get Your Husband to Talk to You	Nancy Cobb & Connie Grigsby	Multnomah	Relationships
2001	W	**I Only Say this Because I Love You: Talking in Families**	**Deborah Tannen**	**Sound Ideas**	**Relationships**
2001	F	Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life	Debbie Ford	Harper San Francisco	Relationships
2001	F	The Power of Apology: Healing Steps to Transform All Your Relationships	Beverly Engel	Wiley	Relationships
2001	F	Why Can't I Fall In Love? A 12-Step Program	Shmuley Boteach	Regan Books	Spiritual
2001	W	**An Open Heart: Practicing Compassion in Everyday Life**	**The Dalai Lama**	**Little, Brown**	**Spiritual**
2001	F	Anger	Thich Nhat Hanh	Riverhead Trade	Spiritual
2001	F	Ten Poems to Change Your Life	Roger Housden	Harmony	Spiritual
2001	F	The Lakota Way: Stories and Lessons for Living	Joseph M. Marshall III	Penguin	Spiritual
2001	F	The Zen Commandments: Ten Suggestions for a Life of Inner Freedom	Dean Sluyter	Tarcher	Wellness
2001	F	Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives	David Snowdon, Ph.D.	Bantam	Wellness
2001	F	Sacred Contracts: The Journey: An Interactive Experience for Guidance	Caroline Myss	Hay House	Wellness
2001	F	Ten Talks Parents Must Have With their Children about Drugs & Choices	Dominic Cappello and Xenia G. Becher, MSW, CSW	Hyperion	Wellness
2001	F	The Okinawa Program: How the World's Longest Lived People Achieve Everlasting Health - And How You Can Too	Bradley J. Willcox, M.D., D. Craig Willcox, Ph.D., and Makoto Suzuki, M.D.	Three Rivers Press	Wellness
2001	W	**The Wisdom of Menopause**	**Christiane Northrup, MD**	**Bantam**	**Wellness**
2001	W	**American Chica: Two Worlds, One Childhood**	**Marie Arana**	**Dial Press Trade Paperback**	**First Book**
2001	W	**Augusta, Gone: A True Story**	**Martha Tod Dudman**	**Perennial**	**First Book**
2001	F	Good Life, Good Death: Tibetan Wisdom on Reincarnation	Rimpoche Nawang Gehlek	Riverhead Books	First Book
2001	F	Quarter life Crisis: How to Get Your Head Round Life in Your Twenties	Alexandra Robbins	Bloomsbury Publishing PLC	First Book
2001	F	Quarter life Crisis: How to Get Your Head Round Life in Your Twenties	Abby Wilner	Bloomsbury Publishing PLC	First Book
2001	F	Uncommon Senses 12-Copy Prepack	Satellite Sisters	Riverhead Trade	Inspirational Memoir
2001	F	Borrowed Finery: A Memoir	Paula Fox	Owl Books	Inspirational Memoir
2001	W	**Chasing the Hawk: Looking for My Father, Finding Myself**	**Andrew Sheehan**	**Delta**	**Inspirational Memoir**
2001	F	Finding Fish	Antwone Quenton Fisher	Harper Torch	Inspirational Memoir
2001	F	The Lost Son: A Life in Pursuit of Justice	Bernard B. Kerik	Regan Books	Inspirational Memoir
2001	F	Touching My Father's Soul: A Sherpa's Journey to the Top of Everest	Jamling Tenzing Norgay	Harper San Francisco	Motivational
2001	W	**Living A Life That Matters: Resolving the Conflict Between Conscience and Success**	**Harold S. Kushner**	**Knopf**	**Motivational**
2001	F	Claim Your Inner Grown-Up: 4 Essential Steps to Authentic Adulthood	Ashley Davis Prend	Plume	Motivational
2001	F	Crossing the UnKnown Sea: Work as a Pilgrimage of Identity	David Whyte	Riverhead Books	Motivational
2001	F	Finding Your Own North Star: Claiming the Life You Were Meant to Live	Martha Beck	Three Rivers Press	Motivational
2002	F	The Normal One: Life with a Difficult of Damaged Sibling	Jeanne Safer, PhD	Delta	Psychology
2002	W	**Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment**	**Martin E.P. Seligman, Ph. D**	**Free Press**	**Psychology**
2002	F	The Van Gogh Blues	Eric Maisel, Ph. D	Rodale Books	Psychology
2002	F	A Mind at a Time	Mel Levine, M.D.	Simon & Schuster	Psychology
2002	F	The Fasting Girl	Michelle Stacey	Tarcher	Psychology
2002	F	Refrigerator Rights: Why We Need to Let People Into Our Hearts, Our Homes (and Our Refrigerators)... and How to Bring Even More Close Relationships Into Our Lives	Will Miller, Ed.D. with Glenn Sparks, Ph.D.	Perigee Books	Relationships
2002	F	I Thought We'd Never Speak Again: The Road from Estrangement to Reconciliation	Laura Davis	Perennial Currents	Relationships
2002	W	**Life's Work: Confessions of an Unbalanced Mom**	**Lisa Belkin**	**Simon & Schuster**	**Relationships**
2002	F	Stepwives: Ten Steps to Help Ex-Wives and Step-Mothers End the Struggle and Put the Kids First	Lynne Oxhorn-Ringwood & Louise Oxhorn with Marjorie Vego Krausz, Ed.D.	Fireside	Relationships
2002	F	The Introvert Advantage: How to Thrive in an Extrovert World	Marti Olsen Laney	Workman Publishing Company	Relationships
2002	F	One-Liners: A Mini-Manual for a Spiritual Life	Ram Dass	Harmony / Bell Tower	Spiritual
2002	W	**Learning to Fall: The Blessings of an Imperfect Life**	**Philip Simmons**	**Bantam**	**Spiritual**
2002	F	One Dharma: The Emerging Western Buddhism	Joseph Goldstein	Harper San Francisco	Spiritual
2002	F	Faith: Trusting Your Own Deepest Experience	Sharon Salzberg	Riverhead Trade	Spiritual

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2002	F	No Death, No Fear	Thich Nhat Hanh	Riverhead Trade	Spiritual
2002	W	**Women Are Not Small Men: Life-Saving Strategies for Preventing and Healing Heart Disease in Women**	**Nieca Goldberg, M.D**	**Ballantine Books**	**Wellness**
2002	F	The Chronic Pain Solution: Your Personal Path to Pain Relief	James M. Dillard, MD	Bantam	Wellness
2002	F	Strong Women and Men Beat Arthritis: The Scientifically Proven Program That Allows People with Arthritis to Take Charge of Their Disease	Miriam E. Nelson, Ph.D., Kristen R. Baker, Ph.D., and Ronenn Roubenoff, M.D. with Lawrence Linder	Putnam Adult	Wellness
2002	F	Making Love Again: Hope for Couple Facing Loss of Sexual Intimacy	Virginia & Keith Laken	Dialogue Press	Wellness
2002	F	The Mood Cure: The 4-Step Program to Rebalance Your Emotional Chemistry and Rediscover Your Natural Sense of Well-Being	Julia Ross	Viking Books	Wellness
2002	F	Hannah's Gift: Lessons from a Life Fully Lived	Maria Housden	Bantam	First Book
2002	F	A Single Square Picture	Katy Robinson	Berkly Trade	First Book
2002	F	Dress Codes: Of Three Girlhood's - My Mother's, My Father's, and Mine	Noelle Howey	Picador USA	First Book
2002	W	**Revenge: A Story of Hope**	**Laura Blumenfeld**	**Washington Square Press**	**First Book**
2002	W	**The Pact**	**Sampson Davis, M.D., George Jenkins, D.M.D., Rameck Hunt, M.D.**	**Riverhead Trade**	**First Book**
2002		Love, Greg & Lauren	Greg Manning	Bantam	Inspirational Memoir
2002	W	**If a Place Can Make You Cry: Dispatches from an Anxious State**	**Daniel Gordis**	**Crown**	**Inspirational Memoir**
2002	F	Losing My Mind: An Intimate Look at Life with Alzheimer's	Thomas DeBaggio	Free Press	Inspirational Memoir
2002	F	A Good Fight	Sarah Brady with Merrill McLoughlin	Public Affairs	Inspirational Memoir
2002	F	Only Son	John Johnson with Jeff Coplon	Warner	Inspirational Memoir
2002	F	The Right Words at the Right Time	Marlo Thomas	Atria	Motivational
2002	F	Fierce Conversations: Achieving Success at Work and Life, One Conversation at a Time	Susan Scott	Berkly Publishing Group	Motivational
2002	F	The Pact	Sampson Davis, M.D., George Jenkins, D.M.D., Rameck Hunt, M.D.	Riverhead Trade	Motivational
2002	F	Teachers with the Courage to Give: Everyday Heroes Making a Difference in Our Classrooms	Jackie Waldman	Conari Press	Motivational
2002	W	**The Impossible Just Takes A Little Longer: Living with Purpose and Passion**	**Art Berg**	**Perennial Currents**	**Motivational**
2003	F	The Anxiety Book	Jonathan Davidson, M.D. & Henry Dreher	Riverhead Trade	Psychology
2003	F	Dante's Path: A Practical Approach to Achieving Inner Wisdom	Bonney Gulino Schaub, R.N. & Richard Schaub, Ph.D.	Gotham Books	Psychology
2003	W	**Einstein Never Used Flash Cards: How Our Children Really Learn - Why They Need to Play More and Memorize Less**	**Kathy Hirsh-Pasek Ph.D., & Roberta Michnick Golinkoff, Ph.D. with Diane Eyer, Ph.D.**	**Rodale Books**	**Psychology**
2003	F	The Emotional Energy Factor: The Secrets High-Energy People Use to Beat Emotional Fatigue	Mira Kirshenbaum	Detla	Psychology
2003	F	The New Brain: How the Modern Age is Rewiring Your Mind	Richard Restak, M.D.	Rodale Books	Psychology
2003	F	Find a Husband After 35: Using What I Learned at Harvard Business School	Rachel Greenwald, M.B.A.	Ballantine Books	Relationships
2003	F	Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity	Shirley P. Glass, Ph.D. with Jean Coppock Staeheli	Free Press	Relationships
2003	W	**Saving Beauty from the Beast: How to Protect Your Daughter From an Unhealthy Relationship**	**Vicki Crompton & Ellen Zelda Kessner**	**Little, Brown**	**Relationships**
2003	F	The Bully, the Bullied, & the Bystander: From Preschool to High School - How Parents and Teachers Can Help Break the Cycle of Violence	Barbara Coloroso	Harper Resource	Relationships
2003	F	"You Have to Say I'm Pretty, You're My Mother": How to Help Your Daughter Learn to Love Her Body and Herself	Stephanie Pierson & Phyllis Cohen, CSW	Simon & Schuster	Relationships
2003	F	Beyond Belief: The Secret Gospel of Thomas	Elaine Pagels	Vintage	Spiritual
2003	F	Not Fade Away: A Short Life Well Lived	Laurence Shames & Peter Barton	Perennial	Spiritual
2003	W	**Radical Acceptance: Embracing Your Life With the Heart of a Buddha**	**Tara Brach, Ph.D.**	**Bantam**	**Spiritual**
2003	F	Seeking Enlightenment...Hat by Hat	Nevada Barr	Putnam Adult	Spiritual
2003	F	The Art of Happiness at Work	His Holiness the Dalai Lama & Howard C. Cutler, M.D.	Riverhead Trade	Spiritual
2003	W	**Honoring the Medicine: The Essential Guide to Native American Healing (Healing Arts)**	**Kenneth Cohen**	**One World / Ballantine**	**Wellness**
2003	F	The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders	Michio Kushi & Alex Jack	Ballantine Books	Wellness
2003	F	The No-Grain Diet	Dr. Joseph Mercola with Alison Rose Levy	Plume	Wellness
2003	F	The Truth About Chronic Pain: Patients and Professionals on How to Face It, Understand It, Overcome It	Arthur Rosenfeld	Basic Books	Wellness
2003	W	**Ultraprevention: The 6-Week Plan That Will Make You Healthy for Life**	**Mark Hyman, M.D. & Mark Liponis, M.D.**	**Atria**	**Wellness**

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2003	F	A Million Little Pieces	James Frey	Anchor	First Book
2003	F	Another Place at the Table	Kathy Harrison	Tarcher	First Book
2003	W	**Escape from Slavery: The True Story of My Years in Captivity - And My Journey to Freedom in America**	**Francis Bok with Edward Tivnan**	**St. Martin's Griffin**	**First Book**
2003	F	Laughing Allegra: The Inspiring Story of a Mother's Struggle and Triumph Raising a Daughter with Learning Disabilities	Anne Ford with John-Richard Thompson	Newmarket Press	First Book
2003	F	The Essential 55: An Award-Winning Educator's Rules for Discovering the Successful Student in Every Child	Ron Clark	Hyperion	First Book
2003	F	Ambulance Girl: How I Saved Myself from Becoming an EMT	Jane Stern	Crown	Inspirational Memoir
2003	W	**Honor Lost: Love and Death in Modern-Day Jordan**	**Norma Khouri**	**Diane Publishing Company**	**Inspirational Memoir**
2003	F	Lost in America: A Journey with My Father	Sherwin B. Nuland	Knopf	Inspirational Memoir
2003	F	Rescuing Patty Hearst: Memories from a Decade Gone Mad	Virginia Holman	Simon & Schuster	Inspirational Memoir
2003	F	The Stuff of Life: A Daughter's Memoir	Karen Karbo	Bloomsbury Publishing PLC	Inspirational Memoir
2003	W	**Seeing Lessons: 14 Life Secrets I've Learned Along the Way**	**Tom Sullivan**	**Wiley**	**Motivational**
2003	W	**There Are No Shortcuts**	**Rafe Esquith**	**Anchor**	**Motivational**
2003	F	The Creative Habit: Learn It and Use It for Life	Twyla Tharp with Mark Reiter	Simon & Schuster	Motivational
2003	F	The Essential 55: An Award-Winning Educator's Rules for Discovering the Successful Student in Every Child	Ron Clark	Hyperion	Motivational
2003	F	The Joy Diet: 10 Daily Practices for a Happier Life	Martha Beck	Crown	Motivational
2004	W	**Dark Nights of the Soul**	**Thomas Moore**	**Gotham**	**Psychology**
2004	F	The Empty Room: Surviving the Loss of a Brother or a Sister at Any Age	Elizabeth DeVita Raeburn	Scribner	Psychology
2004	F	The Pecking Order: Which Siblings Succeed and Why	Dalton Conley	Pantheon	Psychology
2004	F	How Can I Forgive You?: The Courage to Forgive or, the Freedom Not To	Janis Abrahms Spring	Perennial	Psychology
2004	F	The Truth About Children & Divorce: Dealing with the Emotions So You and Your Children Can Thrive	Robert Emery, PhD	Viking Adult	Psychology
2004	W	**Truth & Beauty: A Friendship**	**Ann Patchett**	**Perennial**	**Relationships**
2004	F	Why We Love: The Nature and Chemistry of Romantic Love	Helen Fisher	Owl Books	Relationships
2004	F	Quirkyalone: A Manifesto for Uncompromising Romantics	Sasha Cagen	Harper San Francisco	Relationships
2004	F	Your Diet is Driving Me Crazy: When Food Conflicts Get in the Way of Your Love Life	Cynthia Sass & Denise Maher	Marlowe & Company	Relationships
2004	F	He's Just Not That Into You: The No-Excuses Truth to Understanding Guys	Greg Behrendt & Liz Tuccillo	Simon Spotlight Entertainment	Relationships
2004	F	Why I Am A Muslim: An American Odyssey	Asma Gull Hasan	Element Books	Spiritual
2004	F	God Has A Dream: A Vision of Hope for Our Time	Desmond Tutu	Image	Spiritual
2004	W	**Invisible Acts of Power: Personal Choices that Create Miracles**	**Caroline Myss**	**Free Press**	**Spiritual**
2004	F	The Secret Life of God: Discovering the Divine Within You	Rabbi David Aaron	Shambhala	Spiritual
2004	F	Infinite Life: Seven Virtues for Living Well	Robert Thurman	Riverhead Books	Spiritual
2004	F	The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep Your Brain and Body Young	Gary Small, M.D.	Hyperion	Wellness
2004	F	In Praise of Slowness: How a Worldwide Movement is Challenging the Cult of Speed	Carl Honore'	Harper San Francisco	Wellness
2004	F	Joy is a Plum Colored Acrobat: 45 Life-Affirming Visualizations for Breast Cancer Treatment and Recovery	Wendy Burton	Harmony	Wellness
2004	F	The Edge Effect: Achieve Total Health and Longevity With the Balanced Brain Advantage	Dr. Eric R. Braverman	Sterling	Wellness
2004	W	**The Anatomy of Hope: How Patients Prevail in the Face of Illness**	**Dr. Jerome Groopman**	**Random House**	**Wellness**
2004	F	The Etiquette of Illness: What to Say When You Can't Find the Words	Susan P. Halpern	Bloomsbury USA	First Book
2004	W	**Burned Alive: A Victim of the Law of Men**	**Souad**	**Warner Books**	**First Book**
2004	F	At Hell's Gate: A Soldier's Journey	Claude Anshin Thomas	Shambhala	First Book
2004	F	I Had Brain Surgery, What's Your Excuse?	Suzy Becker	Workman Publishing Company	First Book
2004	F	Small Change: It's the Little Things in Life That Make a Big Difference!	Susan & Larry Terkel	Jeremy P. Tarcher	First Book
2004	F	Blindsided: Lifting a Life Above Illness: A Reluctant Memoir	Richard M. Cohen	Perennial	Inspirational Memoir
2004	W	**Love In the Driest Season: A Family Memoir**	**Neely Tucker**	**Three Rivers Press**	**Inspirational Memoir**
2004	F	Geronimo's Bones: A Memoir of My Brother and Me	Nasdijj	Ballantine Books	Inspirational Memoir
2004	F	Spiral Staircase: My Climb Out of Darkness	Karen Armstrong	Anchor	Inspirational Memoir

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2004	F	Persepolis 2: The Story of a Return	Marjane Satrapi	Pantheon	Inspirational Memoir
2004	F	One Small Step Can Change Your Life: The Kaizen Way	Robert Maurer, Ph.D.	Workman Publishing Company	Motivational
2004	F	We Got Fired! And It's the Best Thing That Ever Happened to Us	Harvey Mackay	Ballantine Books	Motivational
2004	F	First Impressions: What You Don't Know About How Others See You	Ann Demarais,PhD & Valerie White, PhD	Bantam	Motivational
2004	W	**Thriving Through Crisis: Turn Tragedy and Trauma Into Growth and Change**	**Bill O'Hanlon**	**Perigee Books**	**Motivational**
2004	F	The Power of Intention: Learning to Co-Create Your World Your Way	Dr. Wayne W. Dyer	Hay House	Motivational
2004	F	Rescuing the Emotional Lives of Overweight Children: What Your Kids Go Through and How We Can Help	Dr. Sylvia Rimm	Rodale Books	Childcare and Parenting
2004	F	Picking Your Battles: Winning Strategies for Raising Well-Behaved Kids	Bonnie Maslin, PhD	St. Martin's Griffin	Childcare and Parenting
2004	F	Promise You Won't Freak Out: A Teenager Tell Her Mom the Truth About Boys, Booze, Body Piercing and Other...	Doris Fuller & Natalie Fuller	Berkly Trade	Childcare and Parenting
2004	F	A Mind Apart: Understanding Children with Autism and Asperger Syndrome	Peter Szatmari	The Guilford Press	Childcare and Parenting
2004	W	**I am a Pencil: A Teacher, His Kids, and Their World of Stories**	**Sam Swope**	**Henry Holt & Company**	**Childcare and Parenting**
2005	F	My Girl- Adventures with Teen in Training	Karen Stabiner	Little, Brown & Company	Childcare and Parenting
2005	F	Raising Boys Without Men	Peggy F. Drexler, Ph.D. with Linden Gross	Rodale Books	Childcare and Parenting
2005	F	Teenage Waistland	Abby Ellin	Public Affairs Books	Childcare and Parenting
2005	F	The Disappearing Girl	Dr. Lisa Machoian	Dutton	Childcare and Parenting
2005	W	**The Treehouse**	**Naomi Wolf**	**Simon & Schuster**	**Childcare and Parenting**
2005	F	Down Came the Rain	Brooke Shields	Hyperion Books	Inspirational Memoir
2005	W	**The Glass Castle**	**Jeannette Walls**	**Scribner**	**Inspirational Memoir**
2005	F	Julie & Julia	Julie Powell Little	Little, Brown & Company	Inspirational Memoir
2005	F	A Random Act	Cindi Broaddus & Kimberly Lohman Suiters	William Morrow	Inspirational Memoir
2005	F	The Year of Magical Thinking	Joan Didion	Alfred A. Knopf	Inspirational Memoir
2005	F	Change Your Mind and Your Life Will Follow	Karen Casey	Conari Press	Motivational
2005	F	The Happiness Makeover	M.J. Ryan	Broadway Books	Motivational
2005	F	Instant Persuasion	Laurie Puhn	Tarcher/Penguin	Motivational
2005	W	**Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story**	**Christina Baldwin**	**New World Library**	**Motivational**
2005	F	You Can Do It: The Merit Badge Handbook for Grown-up Girls	Lauren Catuzzi Grandcolas	Chronicle Books, LLC	Motivational
2005	W	**Jim Cramer's Real Money**	**James L. Cramer**	**Simon & Schuster**	**Personal Finance**
2005	F	The Financially Intelligent Parent: 8 Steps to Raising Successful, Generous, Responsible Kids	Eileen Gallo, Ph.D. & John Gallo J.D.	New American Library	Personal Finance
2005	F	Kiplinger's Raising Money Smart Kids: What They Need to Know About Money and How to Tell Them	Janet Bodnar	Dearborn Trade Publishing	Personal Finance
2005	F	Nice Girls Don't Get Rich	Lois Frankel, Ph.D.	Warner Books	Personal Finance
2005	F	Start Late, Finish Rich	David Bach	Broadway Books	Personal Finance
2005	F	Against Depression	Peter D. Kramer	Viking	Psychology
2005	F	Going Sane: Maps of Happiness	Adam Phillips	HarperCollins	Psychology
2005	F	The New Feminine Brain: How Women Can Develop Their Inner Strengths, Genius and Intiution	Mona Lisa Schulz	Free Press	Psychology
2005	W	**The Sociopath Next Door**	**Martha Stout, Ph.D.**	**Broadway Books**	**Psychology**
2005	F	On Grief and Grieving	Elizabeth Kubler-Ross & David Kessler	Scribner	Psychology
2005	F	Embroideries	Marjane Satrapi	Pantheon Books	Relationships
2005	F	Essential Manners for Couples	Peter Post	HarperCollins	Relationships
2005	F	His Oldest Friend: The Story of an Unlikely Bond	Sonny Kleinfield	Times Books/Henry Holt & Company	Relationships
2005	W	**Perfect Love, Imperfect Relationships**	**John Welwood, Ph.D.**	**Trumpeter Books**	**Relationships**
2005	F	Why Men Never Remember and Women Never Forget	Marianne J. Legato, M.D., FACP	Rodale Books	Relationships
2005	F	Light on Life	B.K.S. Iyengar	Rodale Books	Spiritual
2005	F	Plan B: Further Thoughts on Faith	Anne Lamott	Riverhead Books	Spiritual
2005	F	Ruling Your World	Sakyong Mipham	Broadway Books/Morgan Road Books	Spiritual
2005	F	The Unmistakable Touch of Grace	Cheryl Richardson	Free Press	Spiritual
2005	W	**Unattended Sorrow**	**Stephen Levine**	**Rodale Books**	**Spiritual**
2005	F	Smashed: The Story of a Drunken Girlhood	Koren Zailckas	The Penguin Group	First Book
2005	W	**The Tender Bar**	**J.R. Moehringer**	**Hyperion Books**	**First Book**
2005	F	What Remains: A Memoir of Fate, Friendship and Love	Carole Radziwill	Scribner	First Book

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2005	F	A Widow's Walk: A Memoir of 9/11	Marian Fontana	Simon & Schuster	First Book
2005	F	Will's Choice	Gail Griffith	HarperCollins	First Book
2005	F	Body Intelligence	Edward Abramson	McGraw-Hill	Wellness
2005	F	Harvest for Hope	Jane Goodall	Warner Books	Wellness
2005	F	Healthy Aging: A Lifelong Guide to Your Physical & Spiritual Well-Being	Dr. Andrew Weil	Alfred A. Knopf	Wellness
2005	F	The Real Food Revival	Sherri Brooks Vinton & Ann Clark Espuelas	Tarcher/Penguin	Wellness
2005	W	**Undoing Perpetual Stress: The Missing Connection Between Depression, Anxiety & 21st Century Illness**	**Richard O'Connor, Ph.D.**	**Berkley Books**	**Wellness**
2006	F	Fragile Innocence - A Father's Memoir of His Daughter's Courageous Journey	James Reston, Jr.	Harmony Books	Childcare and Parenting
2006	W	**Packaging Girlhood: Rescuing our Daughters From Marketers' Schemes**	**Sharon Lamb, Ed.D. & Lyn Miken Brown, Ed.D.**	**St. Martin's Press**	**Childcare and Parenting**
2006	F	Queen Bee Moms & Kingpin Dads	Rosalind Wiseman	Crown Publishers	Childcare and Parenting
2006	F	Wisdom Of Our Fathers	Tim Russert	Random House	Childcare and Parenting
2006	F	You're Wearing That?	Deborah Tannen	Random House	Childcare and Parenting
2006	F	Broken	William Cope Moyers with Katherine Ketcham	Viking	Inspirational Memoir
2006	F	Lessons in Becoming Myself	Ellen Burstyn	Riverhead Books	Inspirational Memoir
2006	F	An Ordinary Man - An Autobiography	Paul Rusesabagina With Tom Zoellner	Viking	Inspirational Memoir
2006	F	Saving Graces	Elizabeth Edwards	Broadway Books	Inspirational Memoir
2006	W	**A Three Dog Life**	**Abigail Thomas**	**Harcourt**	**Inspirational Memoir**
2006	W	**Crazy Busy - Overstretched, Overbooked and About To Snap**	**Ned Hallowell, M.D.**	**Random House**	**Motivational**
2006	F	Imagining Ourselves - Global Voices from a New Generation of Women	Edited by Paula Goldman	New World Library	Motivational
2006	F	Letters To A Young Brother	Hill Harper	Gotham Books	Motivational
2006	F	On Becoming Fearless - in Love, Work and Life	Arianna Huffington	Little, Brown & Company	Motivational
2006	F	What I Know Now - Letters To My Younger Self	Edited by Ellyn Spragins	Broadway Books	Motivational
2006	F	Make Money, Not Excuses	Jean Chatzky	Crown Publishers	Personal Finance
2006	F	Money: A Memoir - Women, Emotions, and Cash	Liz Perle	Henry Holt & Company	Personal Finance
2006	W	**The Number - A Completely Different Way to Think About the Rest of Your Life**	**Lee Eisenberg**	**Free Press**	**Personal Finance**
2006	F	Smart & Simple Financial Strategies For Busy People	Jane Bryant Quinn	Simon & Schuster	Personal Finance
2006	F	Your Money & Your Man - How You and Prince Charming Can Spend Well and Live Rich	Michelle Singletary	Random House	Personal Finance
2006	F	Finding Forgiveness - A 7-Step Program for Letting Go of Anger and Bitterness	Eileen Borriw-Dunchunstang, Ed.D.	McGraw-Hill	Psychology
2006	F	The Ghost In The House - Motherhood, Raising Children and Struggling with Depression	Tracey Thompson	HarperCollins	Psychology
2006	F	Mindless Eating - Why We Eat More Than We Think	Brian Wansink, Ph.D.	Bantam Books	Psychology
2006	W	**Social Intelligence: The New Science of Human Relationships**	**Daniel Goleman**	**Bantam Books**	**Psychology**
2006	F	Stumbling On Happiness	Daniel Gilbert	Knopf	Psychology
2006	W	**The Faith Club - Three Woman Search for Understanding**	**Ranya Idilby, Suzanne Oliver, Priscilla Warner**	**Free Press**	**Relationships**
2006	F	Mating In Captivity - Reconciling the Erotic & the Domestic	Esther Perel	HarperCollins	Relationships
2006	F	10 Lessons To Transform Your Marriage	John M. Gothman, Ph.D. & Julie Schwartz Gothman, Ph.D. & Joan DeClaire	Crown Publishers	Relationships
2006	F	What Did I Do Wrong - When Women Don't Tell Each Other the Friendship Is Over	Liz Pryor	Free Press	Relationships
2006	F	The Year Of Yes	Maria Dahvana Headley	Hyperion	Relationships
2006	F	Instruction Manual For Receiving God	Jason Shulman	Sounds True	Spiritual
2006	F	Overcoming Life's Disappointments	Harold Kushner	Knopf	Spiritual
2006	F	The Power Of Kindness - The Unexpected Benefits of Leading a Compassionate Life	Piero Ferrucci	Tarcher Putman	Spiritual
2006	F	What Jesus Meant	Garry Willis	Viking	Spiritual
2006	W	**Yearnings - Embracing The Sacred Messiness of Life**	**Rabbi Irwin Kula & Linda Loewenthal**	**Hyperion**	**Spiritual**
2006	F	The Boy Who Fell Out of the Sky	Ken Dornstein	Random House	First Book
2006	F	Fat Free: Amazing All True Adventures Of Super-Size Woman	Jude Milner - Illustrated by Mary Wilshire	Tarcher/Penguin	First Book
2006	F	Left to Tell: Discovering God Amidst The Twandan Holocaust	Immaculee Iligabiza with Steve Irwin	Hay House	First Book
2006	F	My Pet Virus: The True Story of a Rebel Without A Cure	Shawn Decker	Tarcher/Penguin	First Book
2006	W	**A Piece of Cake**	**Cupcake Brown**	**Crown Publishers**	**First Book**
2006	F	Cancer Vixen	Marisha Acocella Marchetto	Knopf	Wellness

Books for a Better Life Finalists and Winners

Year	Code	Book Title	Author	Publisher	Category
2006	F	Eat, Drink & Weigh Less - A Flexible and Delicious Way to Shrink Your Waist Without Going Hungry	Mollie Katzen & Walter Willett, M.C.	Hyperion	Wellness
2006	F	Sex And The Seasoned Woman	Gail Sheehy	Random House	Wellness
2006	F	The Skin Type Solution: A Revolutionary Guide To Your Best Skin Ever	Leslie Baumann, M.D.	Bantam Books	Wellness
2006	W	**What To Eat**	**Marion Nestle**	**North Point Press**	**Wellness**
2007	F	Alternadad	Neal Pollack	Pantheon	Childcare and Parenting
2007	F	The Making of a Mother	Valerie Raskin	Ballantine Books	Childcare and Parenting
2007	F	No: Why Kids of All Ages Need to Hear It and Ways Parents Can Say It	David Walsh	Free Press	Childcare and Parenting
2007	F	On Their Own	Anne Ford with John-Richard Thompson	Newmarket Press	Childcare and Parenting
2007	W	**Waiting For Daisy**	**Peggy Orenstein**	**Bloombury**	**Childcare and Parenting**
2007	F	Here If You Need Me	Kate Braestrup	Little, Brown & Company	Inspirational Memoir
2007	F	In an Instant	Lee & Bob Woodruff	Random House	Inspirational Memoir
2007	F	One Drop	Bliss Broyard	Little, Brown & Company	Inspirational Memoir
2007	W	**The Center Cannot Hold**	**Elyn R. Saks**	**Hyperion**	**Inspirational Memoir**
2007	F	The Year of Living Biblically	A. J. Jacobs	Simon & Schuster	Inspirational Memoir
2007	W	**The 51% Minority**	**Lis Wiehl**	**Ballantine Books**	**Motivational**
2007	F	Here's the Bright Side	Betty Rollin	Random House	Motivational
2007	F	On My Own	Florence Falk	Harmony Books	Motivational
2007	F	The Short Bus	Jonathan Mooney	Henry Holt & Company	Motivational
2007	F	You Are Your Choices	Alexandra Stoddard	Collins	Motivational
2007	F	Financial Bliss	Bambi Holzer	AMACOM Books	Personal Finance
2007	F	Maxed Out	James D. Scurlock	Scribner / S&S	Personal Finance
2007	W	**Money Can Buy Happiness**	**M. P. Dunleavy**	**Broadway Books**	**Personal Finance**
2007	F	The 4-Hour Work Week	Timothy Ferriss	Crown Publishers	Personal Finance
2007	F	The Big Payoff	Sharon epperson	HarperCollins	Personal Finance
2007	W	**Identical Strangers**	**Elyse Schein & Paula Bernstein**	**Random House**	**Psychology**
2007	F	Perfect Girls, Starving Daughters	Courtney E. Martin	Free Press	Psychology
2007	F	Satisfaction	Anita Clayton, M.D. with Robin Cantor-Cooke	Ballantine Books	Psychology
2007	F	Stolen Tomorrows	Steven Levenkron with Abbey Levenkron	W.W. Norton & Company	Psychology
2007	F	The Lucifer Effect	Philip Zimbaro	Random House	Psychology
2007	F	And Baby Makes Three	John M. Gottman, Ph.D. and Julie Schwartz Gottman, Ph.D.	Crown Publishers	Relationships
2007	F	The New Rules of Marriage	Terrence Real	Ballantine Books	Relationships
2007	F	The Sister Knot	Terri Apter	W.W. Norton & Company	Relationships
2007	W	**An Uncertain Inheritance**	**edited by Nell Casey**	**William Morrow**	**Relationships**
2007	F	Unhooked	Laura Sessions Stepp	Putnam / Riverhead	Relationships
2007	F	Grace (Eventually)	Anne Lamont	Putnam / Riverhead	Spiritual
2007	W	**How Not to Be Afraid of Your Own Life**	**Susan Piver**	**St. Martin's Press**	**Spiritual**
2007	F	Reposition Yourself	T. D. Jakes	Simon & Schuster / Atria	Spiritual
2007	F	Spiritual Progress	Thomas D. Williams	Hatchette / FaithWords	Spiritual
2007	F	The Not So Big Life	Sarah Susanka	Random House	Spiritual
2007	F	Final Exam	Pauline W. Chen	Alfred A. Knopf	First Book
2007	F	Look Me in The Eye	John Elder Robison	Crown Publishers	First Book
2007	W	**Sick Girl**	**Amy Silverstein**	**Grove/Atlantic**	**First Book**
2007	F	The Women who Raised Me	Victoria Rowell	William Morrow	First Book
2007	F	Without A Map	Meredith Hall	Beacon Press	First Book
2007	W	**How Doctors Think**	**Jerome Groopman, M.D.**	**Houghton Mifflin**	**Wellness**
2007	F	Lying in Weight	Trisha Gura	HarperCollins	Wellness
2007	F	SELF Magazine's 15 Minutes to Your Best Self	Lucy S. Danziger and Editors of SELF	Penguin Group, USA	Wellness
2007	F	The Art Of Aging	Sherwin B. Nuland	Random House	Wellness
2007	F	YOU: Staying Young	Mehmet C. Oz, M.D. & Michael Roizen, M.D.	Free Press	Wellness
2008	W	**Hot, Flat, and Crowded**	**Thomas L. Friedman**	**Macmillan Audio**	**Audiobook**
2008	F	Tell Me Where It Hurts	Dr. Nick Trout	BBC Audiobooks America	Audiobook
2008	F	The Brain That Changes Itself	Norman Doidge, MD	Brilliance Audio	Audiobook
2008	F	This I Believe II	Jay Allison and Dan Gediman, eds.	Macmillan Audio	Audiobook
2008	F	This Moment is the Perfect Teacher	Pema Chödrön	Shambhala Publications	Audiobook

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Year	Code	Book Title	Author	Publisher	Category
2008	F	Blue Sky July	Nia Wyn	Dutton	Childcare / Parenting
2008	F	Generation Text: Raising Well-Adjusted Kids in an Age of Instant Everything	Dr. Michael Osit	Amacom	Childcare / Parenting
2008	F	Mother on Fire	Sandra Tsing Loh	The Crown Publishing Group	Childcare / Parenting
2008	F	The Film Club	David Gilmour	TWELVE/Hachette Book Group USA	Childcare / Parenting
2008	W	**The Trouble with Boys**	**Peg Tyre**	**The Crown Publishing Group**	**Childcare / Parenting**
2008	F	American Widow	Alissa Torres	Villard	First Book
2008	F	Change in the Weather	Mark McEwen	Gotham Books	First Book
2008	F	Pretty Is What Changes	Jessica Queller	Spiegel & Grau	First Book
2008	F	The House at Sugar Beach	Helene Cooper	Simon & Schuster	First Book
2008	W	**The Middle Place**	**Kelly Corrigan**	**Hyperion - Voice**	**First Book**
2008	F	Big Green Purse	Diane MacEachern	Avery / Penguin	Green
2008	F	Food Matters: A Guide to Conscious Eating with More than 75 Recipes	Mark Bittman	Simon & Schuster	Green
2008	F	Green, Greener, Greenest: A Practical Guide to Making Eco-Smart Choices a Part of Your Life	Lori Bongiorno	Perigee/Penguin	Green
2008	W	**Made From Scratch**	**Jenna Woginrich**	**Storey Publishing**	**Green**
2008	F	The Climate Diet	Jonathan Harrington	Stylus Publishing / Earthscan	Green
2008	F	Blue Genes	Christopher Lukas	Doubleday	Inspirational Memoir
2008	F	Life Is a Verb	Patti Digh	GPP / Skirt!	Inspirational Memoir
2008	F	Lopsided	Meredith Norton	Viking	Inspirational Memoir
2008	F	The Geography of Love	Glenda Burgess	Broadway Books	Inspirational Memoir
2008	W	**The Last Lecture**	**Randy Pausch with Jeffery Zaslow**	**Hyperion**	**Inspirational Memoir**
2008	F	Ask for It: How Women Can Use the Power of Negotiation to Get What They Really Want	Linda Babcock and Sara Laschever	The Bantam Dell Publishing Group	Motivational
2008	F	Does This Clutter Make My Butt Look Fat?	Peter Walsh	Free Press	Motivational
2008	W	**Learning from the Heart: Lessons on Living, Loving, and Listening**	**Daniel Gottlieb**	**Sterling Publishing Company**	**Motivational**
2008	F	The First 30 Days: Your Guide to Any Change (and Loving Your Life More)	Ariane de Bonvoisin	HarperOne	Motivational
2008	F	When Organizing Isn't Enough	Julie Morgenstern	Touchstone Fireside	Motivational
2008	F	Be Happy Without Being Perfect	Alice Domar, Ph.D. and Alice Lesch Kelly	The Crown Publishing Group	Psychology
2008	F	Fitting In is Overrated	Dr. Leonard Felder	Sterling Publishing Co.	Psychology
2008	F	Steering By Starlight	Martha Beck	Rodale	Psychology
2008	F	The Time Paradox	Phillip Zimbardo and John Boyd	Free Press	Psychology
2008	W	**My Stroke of Insight**	**Jill Bolte Taylor**	**Viking**	**Psychology**
2008	F	After the Fire	Robin Gaby Fisher	Little, Brown and Company	Relationships
2008	F	Hold Me Tight	Dr. Sue Johnson	Little, Brown and Company	Relationships
2008	F	Just Do It	Douglas Brown	The Crown Publishing Group	Relationships
2008	W	**September Songs**	**Maggie Scarf**	**Riverhead Books**	**Relationships**
2008	F	Apples & Oranges	Marie Brenner	Sarah Crichton Books/ Farrar, Straus and Giroux	Relationships
2008	F	Being Catholic Now	Kerry Kennedy	The Crown Publishing Group	Spiritual
2008	F	Sailing Home: Using Homer's Odyssey to Navigate Life's Perils and Pitfalls	Norman Fischer	Free Press	Spiritual
2008	F	Spiritual Liberation	Michael Bernard Beckwith	Simon & Schuster	Spiritual
2008	F	The Art of Being	Dennis Merritt Jones	Jeremy P. Tarcher / Penguin	Spiritual
2008	W	**The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology**	**Jack Kornfield**	**The Bantam Dell Publishing Group**	**Spiritual**
2008	F	Crazy Sexy Cancer Survivor	Kris Carr	GPP / Skirt!	Wellness
2008	W	**In Defense of Food: An Eater's Manifesto**	**Michael Pollan**	**The Penguin Press**	**Wellness**
2008	F	Medical Myths That Can Kill You	Dr. Nancy Snyderman	The Crown Publishing Group/Random House	Wellness
2008	F	Our Bodies, Ourselves: Pregnancy and Birth	The Boston Women's Health Book Collective	Touchstone Fireside	Wellness
2008	F	The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health	Dr. Carolyn Bernstein and Elaine McArdle	Free Press	Wellness
2009	F	The Curse of the Good Girl	Rachel Simmons	The Penguin Press	Childcare/ Parenting
2009	F	The Lost Child	Julie Myerson	Bloomsbury	Childcare/ Parenting
2009	W	**NurtureShock**	**Po Bronson & Ashley Merryman**	**Twelve Books/Hachette Book Group**	**Childcare/ Parenting**
2009	F	Saving Sammy	Beth Alison Maloney	The Crown Publishing Group	Childcare/ Parenting
2009	F	Stepmonster	Wednesday Martin, Ph.D.	Houghton Mifflin Harcourt	Childcare/ Parenting

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2009	F	The Blue Sweater	Jacqueline Novogratz	Rodale Publishing	First Book
2009	F	In the Sanctuary of Outcasts	Neil White	William Morrow	First Book
2009	W	**Josie's Story**	**Sorrel King**	**Grove/ Atlantic, Inc.**	**First Book**
2009	F	Live Through This	Debra Gwartney	Houghton Mifflin Harcourt	First Book
2009	F	Shop Class As Soulcraft	Matthew B. Crawford	The Penguin Press	First Book
2009	F	Clean Food	Terry Walters	Sterling Publishing	Green
2009	F	The Backyard Homestead	Carleen Madigan, Editor	Storey Publishing	Green
2009	F	Ed Begley, Jr.'s Guide to Sustainable Living	Ed Begley, Jr.	The Crown Publishing Group	Green
2009	W	**Just Food**	**James E. McWilliams**	**Little, Brown and Company**	**Green**
2009	F	Super Natural Home	Beth Greer	Rodale Publishing	Green
2009	F	Hands of My Father	Myron Uhlberg	Bantam	Inspirational Memoir
2009	F	The Kids Are All Right	Diana & Liz Welch with Amanda & Dan Welch	The Crown Publishing Group	Inspirational Memoir
2009	F	Not Becoming My Mother	Ruth Reichl	The Penguin Press	Inspirational Memoir
2009	F	The Possibility of Everything	Hope Edelman	Ballantine	Inspirational Memoir
2009	W	**Strength in What Remains**	**Tracy Kidder**	**Random House**	**Inspirational Memoir**
2009	F	Emotional Freedom	Judith Orloff, M.D.	The Crown Publishing Group	Motivational
2009	F	How to Rule the World from Your Couch	Laura Day	Atria Books	Motivational
2009	F	Less	Marc Lesser	New World Library	Motivational
2009	W	**Throw Out Fifty Things**	**Gail Blanke**	**Grand Central Publishing**	**Motivational**
2009	F	When Everything Changes, Change Everything	Neale Donald Walsch	Hampton Roads	Motivational
2009	F	1,001 Things They Won't Tell You	Jonathan Dahl and the Editors of *SmartMoney*	Workman Publishing	Personal Finance
2009	F	The Cure for Money Madness	Spencer Sherman	Broadway Books	Personal Finance
2009	W	**The Difference**	**Jean Chatzky**	**The Crown Publishing Group**	**Personal Finance**
2009	F	Rich Like Them	Ryan D'Agostino	Little, Brown and Company	Personal Finance
2009	F	Your Money Ratios	Charles Farrell, J.D., LL.M.	Avery Books	Personal Finance
2009	W	**Connected**	**Nicholas A. Christakis, M.D., Ph.D. and James H. Fowler, Ph.D.**	**Little, Brown and Company**	**Psychology**
2009	F	How to Instantly Connect with Anyone	Leil Lowndes	McGraw-Hill	Psychology
2009	F	The Narcissism Epidemic	Jean M. Twenge, Ph. D. and W. Keith Campbell, Ph.D.	Free Press	Psychology
2009	F	Play	Stuart Brown, M.D. with Christopher Vaughan	Avery Books	Psychology
2009	F	The Pursuit of Perfect	Tal Ben-Shahar, Ph.D.	McGraw-Hill	Psychology
2009	F	Brothers	Andrew Blauner, Editor	Jossey-Bass, an imprint of Wiley & Sons, Inc.	Relationships
2009	F	The Girls from Ames	Jeffrey Zaslow	Gotham Books	Relationships
2009	F	Jane Brody's Guide to the Great Beyond	Jane Brody	Random House	Relationships
2009	F	Perfectly Imperfect	Lee Woodruff	Random House	Relationships
2009	W	**You Were Always Mom's Favorite**	**Deborah Tannen**	**Random House**	**Relationships**
2009	F	The Art of Happiness in a Troubled World	His Holiness The Dalai Lama and Howard Cutler, M.D.	DoubleDay Religion	Spiritual
2009	F	Conquering Fear	Harold S. Kushner	Alfred A. Knopf	Spiritual
2009	F	Taking the Leap	Pema Chödrön	Shambhala Publications	Spiritual
2009	F	The Little Book on Meaning	Laura Berman Fortgang	Tarcher / Penguin	Spiritual
2009	W	**Writing in the Sand**	**Thomas Moore**	**Hay House**	**Spiritual**
2009	F	Diet Myths That Keep Us Fat	Nancy L. Snyderman, M.D.	The Crown Publishing Group	Wellness
2009	F	**The End of Overeating**	**David A. Kessler, M.D.**	**Rodale Publishing**	**Wellness**
2009	F	Live a Little	Susan M. Love, M.D. and Alice D. Domar, Ph.D.	The Crown Publishing Group	Wellness
2009	F	Second Spring	Dr. Maoshing Ni	Free Press	Wellness
2009	F	Spent - releasing in paperback as Revive	Frank Lipman, M.D. with Mollie Doyle	Fireside Books/Simon and Schuster	Wellness
2010	F	*Baby, We Were Meant for Each Other*	Scott Simon	The Random House Publishing Group	Childcare/ Parenting
2010	W	***Brave Girl Eating***	**Harriet Brown**	***HARPERCOLLINS PUBLISHERS***	**Childcare/ Parenting**
2010	F	*Geek Dad*	Ken Denmead	Gotham Books	Childcare/ Parenting
2010	F	*Mom*	Dave Isay, editor	The Penguin Press	Childcare/ Parenting
2010	F	*A Special Mother*	Anne Ford with John-Richard Thompson	Newmarket Press	Childcare/ Parenting
2010	F	*The Book of Awesome*	Neil Pasricha	Amy Einhorn Books / Putnam	First Book
2010	F	*The Boy Who Loved Tornadoes*	Randi Davenport	Algonquin Books	First Book
2010	W	***The Emperor of All Maladies***	**Siddhartha Mukherjee**	**Scribner**	**First Book**

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2010	F	*I Love You And I'm Leaving You Anyway*	Tracy McMillan	*HARPERCOLLINS PUBLISHERS*	First Book
2010	F	*Losing My Cool*	Thomas Chatterton Williams	The Penguin Press	First Book
2010	F	*The Conscious Kitchen*	Alexandra Zissu	The Crown Publishing Group	Green
2010	F	***Eaarth***	**Bill McKibben**	**Times Books, an imprint of Henry Holt & Co.**	**Green**
2010	F	*Four Fish*	Paul Greenberg	The Penguin Press	Green
2010	F	*The Green Hour*	Todd Christopher	Shambhala (imprint: Trumpeter)	Green
2010	F	*Talking Dirt*	Annie Spiegelman	Penguin Group (Perigee)	Green
2010	W	***Breaking Night***	**Liz Murray**	**Hyperion Books**	**Inspirational Memoir**
2010	F	*Cheap Cabernet: A Friendship*	Cathie Beck	Hyperion Books	Inspirational Memoir
2010	F	*Devotion*	Dani Shapiro	*HARPERCOLLINS PUBLISHERS*	Inspirational Memoir
2010	F	*Imperfect Endings*	Zoe Fitzgerald Carter	Simon & Schuster	Inspirational Memoir
2010	F	*The Sound of a Wild Snail Eating*	Elisabeth Tova Bailey	Algonquin Books	Inspirational Memoir
2010	F	*Do Something!*	Nancy Lublin with **Vanessa Martir** and Julia Steers	Workman Publishing	Motivational
2010	F	*God Never Blinks*	Regina Brett	Grand Central Publishing	Motivational
2010	W	***Life Unlocked***	**Srinivasan S. Pillay, MD**	**Rodale**	**Motivational**
2010	F	*Lift*	Kelly Corrigan	Hyperion Books	Motivational
2010	F	*Operation Beautiful*	Caitlin Boyle	Gotham Books	Motivational
2010	F	*Does This Make My Assets Look Fat?*	Susan L. Hirshman	St. Martin's Press	Personal Finance
2010	F	*Money 911*	Jean Chatzky	*HARPERCOLLINS PUBLISHERS*	Personal Finance
2010	W	***The New Good Life***	**John Robbins**	**Ballantine**	**Personal Finance**
2010	F	*Piggybanking*	Jeff D. Opdyke	*HARPERCOLLINS PUBLISHERS*	Personal Finance
2010	F	*Wealth Watchers*	Alice Wood	Free Press	Personal Finance
2010	W	***Composing a Further Life***	**Mary Catherine Bateson**	**Knopf**	**Psychology**
2010	F	*In Pursuit of Silence*	George Prochnik	Doubleday	Psychology
2010	F	*Lonely*	Emily White	*HARPERCOLLINS PUBLISHERS*	Psychology
2010	F	*The Male Brain*	Louann Brizendine, MD	The Crown Publishing Group	Psychology
2010	F	*Stuff*	Randy O. Frost, PhD and Gail Steketee, PhD	Houghton Mifflin Harcourt	Psychology
2010	F	*The Husbands and Wives Club*	Laurie Abraham	Touchstone	Relationships
2010	F	*In the Neighborhood*	Peter Lovenheim	Penguin Group (Perigee)	Relationships
2010	W	***Let's Take the Long Way Home***	**Gail Caldwell**	**The Random House Publishing Group**	**Relationships**
2010	F	*Mom Still Likes You Best*	Jane Isay	Doubleday	Relationships
2010	F	*Somewhere Inside*	Laura Ling and Lisa Ling	*HARPERCOLLINS PUBLISHERS*	Relationships
2010	F	*The Sabbath World*	Judith Shulevitz	The Random House Publishing Group	Spiritual
2010	W	***The Ten Things to Do When Life Falls Apart***	**Daphne Rose Kingma**	**New World Library**	**Spiritual**
2010	F	*To You We Shall Return*	Joseph M. Marshall III	Sterling Publishing	Spiritual
2010	F	*Visions, Trips and Crowded Rooms*	David Kessler	Hay House	Spiritual
2010	F	*Women Food and God*	Geneen Roth	Scribner	Spiritual
2010	F	*101 Optimal Life Foods*	David Grotto, RD, LDN	Bantam	Wellness
2010	F	*Ah-Choo! The Uncommon Life of Your Common Cold*	Jennifer Ackerman	Grand Central Publishing	Wellness
2010	W	***Back to Life after a Heart Crisis***	**Marc Wallack, MD and Jamie Colby**	**Avery Books**	**Wellness**
2010	F	*Change Your Brain, Change Your Body*	Daniel G. Amen, MD	The Crown Publishing Group	Wellness
2010	F	*The Secret Language of Your Body*	Inna Segal	Atria Books / Simon & Schuster	Wellness
2011	F	10 Mindful Minutes	Goldie Hawn and Wendy Holden	Perigee	Childcare/Parenting
2011	F	Bottle Hymn of the Tiger Mother	Amy Chua	The Penguin Press	Childcare/Parenting
2011	F	Cinderella Ate My Daughter	Peggy Orenstein	HARPERCOLLINS PUBLISHERS	Childcare/Parenting
2011	W	**Message from an Unknown Chinese Mother**	**Xinran**	**Scribner**	**Childcare/Parenting**
2011	F	The Whole-Brain Child	Daniel J. Siegel, MD and Tina Payne Bryson, Ph.D.	Delacorte Press	Childcare/Parenting
2011	W	**Day of Honey**	**Anne Ciezadlo**	**Free Press**	**First Book**
2011	F	In Stitches	Anthony Youn, MD and Alan Eisenstock	Gallery Books	First Book
2011	F	Moonwalking with Einstein	Joshua Foer	The Penguin Press	First Book
2011	F	The Anti-Romantic Child	Priscilla Gilman	HARPERCOLLINS PUBLISHERS	First Book
2011	F	The Long Goodbye	Meghan O'Rourke	Riverhead Books	First Book

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2011	*F*	Oceana	Ted Danson	Rodale, Inc.	Green
2011	*F*	The Nature Principle	Richard Louv	Algonquin Books of Chapel Hill	Green
2011	*W*	**The Neighborhood Project**	**David Sloan Wilson**	**Little, Brown and Company**	**Green**
2011	*F*	The Ripple Effect	Alex Prud'Homme	Scribner	Green
2011	*F*	World Without Fish	Mark Kurlansky	Workman Publishing	Green
2011	W	**Enjoy Every Sandwich**	**Lee Lipsenthal, MD**	**The Crown Publishing Group**	**Inspirational Memoir**
2011	F	History of a Suicide	Jill Bialosky	Atria Books	Inspirational Memoir
2011	F	How to Get Out of Your Own Way	Tyrese Gibson	Grand Central Publishing	Inspirational Memoir
2011	F	Learning to Breathe	Priscilla Warner	Free Press	Inspirational Memoir
2011	F	One Hundred Names for Love	Diane Ackerman	W.W. Norton & Company	Inspirational Memoir
2011	F	Better By Mistake	Alina Tugend	Riverhead Books	Motivational
2011	F	Life Gets Better	Wendy Lustbader	Tarcher / Penguin	Motivational
2011	F	The Art of Uncertainty	Dennis Merritt Jones	Tarcher / Penguin	Motivational
2011	F	The Four Desires	Rod Stryker	Delacorte Press	Motivational
2011	W	**Who's Afraid of Post-Blackness?**	**Touré**	**Free Press**	**Motivational**
2011	W	**Clark Howard's Living Large In Lean Times**	**Clark Howard, Mark Meltzer and Theo Thimou**	**Avery Books**	**Personal Finance**
2011	F	Financial Recovery	Karen McCall	New World Library	Personal Finance
2011	F	Lost and Found	Geneen Roth	The Viking Press	Personal Finance
2011	F	The Laws of Prosperity	E. Bernard Jordan	Beyond Worlds Publishing	Personal Finance
2011	F	The Smartest Portfolio You'll Ever Own	Daniel R. Solin	Perigee	Personal Finance
2011	F	Psychopath Test	Jon Ronson	Riverhead Books	Psychology
2011	W	**The Geeks Shall Inherit the Earth**	**Alexandra Robbins**	**Hyperion Books**	**Psychology**
2011	F	The Secret Life of Pronouns	James W. Pennebaker	Bloomsbury Press	Psychology
2011	F	The Sibling Effect	Jeffrey Kluger	Riverhead Books	Psychology
2011	F	Willpower	Roy F. Baumeister and John Tierney	The Penguin Press	Psychology
2011	F	A Bittersweet Season	Jane Gross	Alfred A. Knopf	Relationships
2011	F	How to Talk to an Autistic Kid	Daniel Stefanski	Free Spirit Publishing	Relationships
2011	F	Missed Connections	Sophie Blackall	Workman Publishing	Relationships
2011	W	**Spousonomics**	**Paula Szuchman and Jenny Anderson**	**Random House**	**Relationships**
2011	F	The Secret Lives of Wives	Iris Krasnow	Gotham Books	Relationships
2011	F	Finding Your Way in a Wild New World	Martha Beck	Free Press	Spiritual
2011	W	**Holy Ghost Girl**	**Donna M. Johnson**	**Gotham Books**	**Spiritual**
2011	F	Real Happiness	Sharon Salzberg	Workman Publishing	Spiritual
2011	F	Waiting	Marya Hornbacher	Hazelden Publishing	Spiritual
2011	F	Zen Mind, Zen Horse	Allan J. Hamilton, MD	Storey Publishing	Spiritual
2011	F	Better Each Day	Jessica Cassity	Chronicle Books	Wellness
2011	F	Healing Spices	Bharat B. Aggarwal, Ph.D and Debora Yost	Sterling Publishing	Wellness
2011	F	Lunch Wars	Amy Kafala	Tarcher / Penguin	Wellness
2011	F	The Happiness Diet	Tyler Graham and Drew Ramsey, MD	Rodale, Inc.	Wellness
2011	W	**The Longevity Project**	**Howard S. Friedman, Ph.D and Leslie R. Martin, Ph.D**	**Hudson Street Press**	**Wellness**
2012	F	Bringing Up Bebe	Pamela Druckerman	The Penguin Press	Childcare/Parenting
2012	F	How Children Succeed	Paul Tough	Houghton Mifflin	Childcare/Parenting
2012	F	Some Assembly Required	Anne Lamott with Sam Lamott	Riverhead Books	Childcare/Parenting
2012	W	**The Circumcision Decision**	**Susan Terkel and Lorna Greenberg**	**Carrot Seed Publishing LLC**	**Childcare/Parenting**
2012	F	The Drama Years	Haley Kilpatrick	Free Press	Childcare/Parenting
2012	W	**Crazy, Sexy Kitchen**	**Kris Carr**	**Hay House**	**Cookbook**
2012	F	Deliciously G-Free	Elisabeth Hasselbeck	Random House	Cookbook
2012	F	The Art of Fermentation	Sandor Katz	Chelsea Green	Cookbook
2012	F	The New Way to Cook Light	Cooking Light Editors		Cookbook
2012	F	True Food: Seasonal, Sustainable, Simple, Pure	Dr. Andrew Weil	Little Brown	Cookbook
2012	F	Before The World Intruded	Michele Rosenthal	Your Life After Trauma, LLC	First Book
2012	F	Bloom	Kelle Hampton	HarperCollins	First Book

Books for a Better Life Finalists and Winners

Year	Code	Book Title	Author	Publisher	Category
2012	W	**Brain on Fire**	**Susannah Cahalan**	**Free Press**	**First Book**
2012	F	The Defining Decade	Meg Jay, Ph.D.	Hachette/Twelve	First Book
2012	F	Unorthodox	Deborah Feldman	Simon and Schuster	First Book
2012	F	Change Comes to Dinner	Katherine Gustafsen	St. Martin's Press	Green
2012	F	Conscious Money	Patricia Aburdene	Beyond Words Publishing	Green
2012	F	Garbology	Edward Humes	Penguin Group USA	Green
2012	W	**The American Way of Eating**	**Tracie MCMillan**	**Scribner of Simon and Schuster**	**Green**
2012	F	The Great Animal Orchestra	Bernie Krause	Little Brown	Green
2012	F	An Invisible Thread	Laura Schroff and Alex Tresniowski	Howard Books	Inspirational Memoir
2012	F	King Peggy	Eleanot Herman and Peggielene Bartels	Doubleday	Inspirational Memoir
2012	F	Oddly Normal	John Schwartz	Penguin Group USA	Inspirational Memoir
2012	W	**The End of Your Life Book Club**	**Will Schwalbe**	**Alfred A. Knopf**	**Inspirational Memoir**
2012	F	The Rules of Inheritance	Claire Bidwell Smith	Hudson Street Press	Inspirational Memoir
2012	W	**Daring Greatly**	**Brene Brown**	**Penguin Group USA**	**Motivational**
2012	F	Guitar Zero	Gary Marcus	The Penguin Press	Motivational
2012	F	One Good Deed	Erin McHugh	Abrams	Motivational
2012	F	Steal Like an Artist	Austin Kleon	Workman Publishing	Motivational
2012	F	The Little Book of Talent	Daniel Coyle	Random House	Motivational
2012	W	**Far From the Tree**	**Andrew Solomon**	**Scribner of Simon & Schuster**	**Psychology**
2012	F	Monkey Mind	Daniel Smith	Simon and Schuster	Psychology
2012	F	Quiet	Susan Cain	Random House/ Crown	Psychology
2012	F	The Mindfulness Woorkbook for Addiction	Rebecca E. Williams, PhD and Julie S. Kraft, M.S.	New Harbinger Publications	Psychology
2012	F	The Power of Habit	Charles Duhigg	Random House	Psychology
2012	F	All There Is	Dave Isay	The Penguin Press	Relationships
2012	W	**Happily Even After**	**Carole Brody Fleet**	**Viva Editions**	**Relationships**
2012	F	Marriage Rules	Harriet Lerner	Penguin Group USA	Relationships
2012	F	No One Has to Die Alone	Lani Leary, PhD	Beyond Words	Relationships
2012	F	The Journal of Best Practices	David Finch	Scribner of Simon and Schuster	Relationships
2012	F	Does This Church Make Me Look Fat?	Rhoda Janzen	Grand Central Publishing	Spiritual
2012	F	Miracles Happen	Brian L. Weiss	HarperCollins	Spiritual
2012	W	**Seven Thousand Ways to Listen**	**Mark Nepo**	**Free Press**	**Spiritual**
2012	F	To Heaven and Back	Mary C. Neal, MD	WaterBrook/ Random House	Spiritual
2012	F	Wherever I Wind Up	R.A. Dickey with Wayne Coffey	Blue Rider Press	Spiritual
2012	F	Drop Dead Healthy	A.J. Jacobs	Simon and Schuster	Wellness
2012	W	**The Best Care Possible**	**Ira Byock**	**Penguin Group USA**	**Wellness**
2012	F	The Blood Sugar Solution	Mark Hyman MD	Little Brown	Wellness
2012	F	The End of Illness	David B. Agus	Free Press	Wellness
2012	F	The First 20 Minutes	Gretchen Reynolds	Hudson Street Press	Wellness