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2016 BOOKS FOR A BETTER LIFE AWARD WINNERS ANNOUNCED

[NEW YORK, NY – April 18, 2016] - The New York City – Southern New York Chapter of the National Multiple Sclerosis Society announced the winners of the 20th Anniversary Books for a Better Life Awards tonight during a ceremony at The TimesCenter in Manhattan.

Hosted by television personality Meredith Vieira, the evening also featured the induction of Maria Rodale, Chairman and CEO, Rodale Inc., and Marianne Williamson, *New York Times* Best-Selling Author, into its Hall of Fame and the presentation of the Legacy Award to Scott Manning, of Scott Manning & Associates. The presenters included Jillian Michaels, Francis Fisher and PJ O'Rourke.

Since its inception in 1996, the Books for a Better Life Awards has recognized more than 800 self-improvement authors and raised more than \$2.5 million for the New York City - Southern New York Chapter's comprehensive support services and educational programs for people living with MS, their friends and families as well as the Society's critical research initiatives. The Awards recognize self-improvement authors whose messages are aligned with the chapter's mission of inspiring people to live their best lives

The following are the Books for a Better Life Award winners:

CHILDCARE:

Girl in Glass

Deanna Fei

Bloomsbury Publishing, Inc.

FIRST BOOK:

Blackout

Sarah Hepola

Grand Central Publishing

COOKBOOK:

Cook for Your Life

Ann Ogden Gaffney

Avery

GREEN:

Living the Farm Sanctuary Life

Gene Baur and Gene Stone

Rodale Books

INSPIRATIONAL MEMOIR

My Life on the Road
Gloria Steinem
Random House

MOTIVATIONAL:

A Curious Mind
Brian Grazer with Charles Fishman
Simon & Schuster

PSYCHOLOGY:

NeuroTribes
Steve Silberman
Avery

RELATIONSHIPS:

Becoming Nicole
Amy Ellis Nutt
Random House

SPIRITUAL:

Triumph of the Heart
Megan Feldman Bettencourt
Hudson Street Press

WELLNESS

The Blue Zones Solution
Dan Buettner
National Geographic

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About the New York City – Southern New York Chapter

The New York City - Southern New York Chapter of the National MS Society is committed to helping the 12,000 people living with multiple sclerosis in the five boroughs and Westchester, Putnam, Rockland, Orange and Sullivan counties continue moving their lives forward. The chapter raises funds locally to support the Society's critical research initiatives and to provide hundreds of comprehensive support services and educational programs for people living with MS, their family and friends. For more information, visit www.MSny.org.

About the National Multiple Sclerosis Society

The Society mobilizes people and resources so that everyone affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. In 2015, the Society invested \$53 million to advance more than 380 new and ongoing research projects around the world. Through its comprehensive nation-wide network of programs and services, it also helped more than one million people affected by MS connect to the people, information and resources needed to live their best lives. Join the movement at nationalMSSociety.org.

About Multiple Sclerosis

Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 2.3 million people worldwide.