



## FOR IMMEDIATE RELEASE

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### **Book by Lexington Author wins *ForeWord Magazine's* 2007 Book of the Year Award**

River Birch Publishing is pleased to announce that the book, *Becoming What You Want to See in the World*, by Lexington author and communication consultant, Mary Claire O'Neal, was a winner in *ForeWord Magazine's* 10<sup>th</sup> annual Book of the Year Awards. At a ceremony at BookExpo America in Los Angeles, the book by O'Neal was honored as a national winner in the category of Audio Book Nonfiction. The book is narrated by the author. These books, representing the best work from independent publishers in 2007, were selected by a panel of bookseller judges and librarians. The winners were selected by *ForeWord* readers from across the country, who are experts in the subject matter of the books they judged, and who make purchasing decisions daily for their collections.

Among other winners honored were books from Garrison Keillor, The Metropolitan Museum of Art, Yale University Press, Rowman Littlefield, University Press of Kentucky, and University of Notre Dame Press.

*ForeWord's* founder and publisher, Victoria Sutherland, spoke at the event and presented the awards. "These carefully chosen titles affirm our notion that the best ideas in written form are coming from the independent press community," she said.

Excerpt for Midwest Book Review: *Becoming What You Want To See In The World* examines the 'physics' of happiness and how anyone can invoke and restore passion and joy into the fabric of their lives. Replete with inspiring personal stories, *Becoming What You Want To See In The World* also provides tools and activities illustrating practical approaches to leading a more fulfilled, balanced, and meaningful life regardless of the listener's personal circumstances or economic restrictions. Especially recommended to the attention of those who are leading busy, time stressed lives, and feel they don't have the ability or opportunity to make changes in their schedules or themselves, *Becoming What You Want To See In The World* is ideal for learning how to take the time and invest the energy needed to improve the quality of life on a daily basis.

"This book could not have come at a more opportune time. A ray of hope amid chaos. . ."Arun Gandhi, Grandson of Mahatma Gandhi

Author, Mary Claire O'Neal, is available for radio, television and press interviews nationwide. Contact 859-272-2515 or [riverbirchpublishing@alltel.net](mailto:riverbirchpublishing@alltel.net) for schedule availability.

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