



[Self-Help](#)

Winner:

The Daily Six: Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose by John Chappellear
G.P. Putnam's Sons, ISBN: 0399153020

Finalist: *The Food Is a Lie: The Truth is Within - A Spiritual Solution to Weight Loss and Balanced Health* by Bronwyn Marmo, Triple B Publishing, ISBN: 0976801566

Finalist: *The Change Your Life Challenge: A 70 Day Life Makeover Program for Women* by Brook Noel, Champion Press, ISBN: 1932783091

Finalist: *Romancing the Web: A Therapist's Guide to the Finer Points of Online Dating* by Diane M. Berry, MSW, LCSW, JD, Blue Waters Publications, LLC, ISBN: 0974207888

Finalist: *Live in the Moment* by Julie Clark Robinson, Beyond Words Publishing, ISBN: 1582701237

Finalist: *Helping Grieving People: When Tears Are Not Enough* by J. Shep Jeffreys, Brunner-Routledge, ISBN: 0415946034

Finalist: *Get Out of Your Own Way at Work and Help Others Do The Same* by Mark Goulston, M.D., G.P. Putnam's Sons, ISBN: 0399152660

Finalist: *Spiritual Capitalism: What the FDNY Taught Wall Street About Money - Seven Spiritual Lessons of Business* by Peter Ressler & Monika Mitchell Ressler, Chilmark Books, ISBN: 0976198401