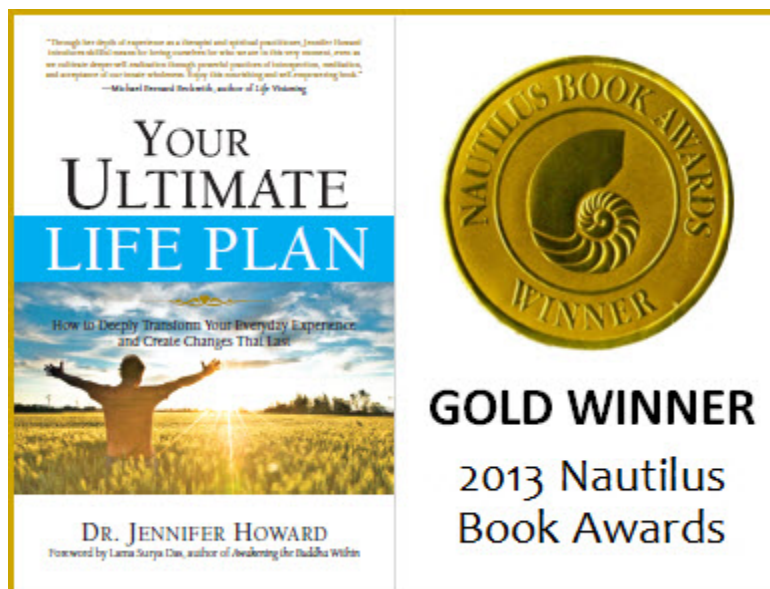


# Awards and Best Seller Lists

## Awards for Your Ultimate Life Plan

**“Your Ultimate Life Plan” has been named a Gold winner in the 2013 Nautilus Book Awards, which focuses on “Books for a Better World.”**



I am thrilled to announce that *Your Ultimate Life Plan* has won a 2013 Gold Nautilus Book Award in the Personal Growth/Self-Help/Psychology category. In this category the other Gold winner is *The Antidote* by Oliver Berkeman. The silver winners for 2013 in this , *Daring Greatly* by Brené Brown, *Mindfulness for Beginners* by Jon Kabat-Zinn, *Transformed* by Dr. Judith Wright and Dr. Bob Wright, and *The Wizard of Us* by Jean Houston.

With its mission to “change the world one book at a time,” Nautilus Book Awards recognize “books that promote spiritual growth, conscious living, and positive social change.” Other Nautilus Award winners this year include Deepak Chopra, Marianne Williamson, and Michael Bernard Beckwith. Past winners include: Caroline Myss, Thich Nhat Hanh, His Holiness the Dalai Lama, Desmond Tutu, Christiane Northrup, Joel Osteen, and Eckhart Tolle.

## ForeWord Magazine 2013 Book of the Year Award Finalist

I'm honored to announce that "*Your Ultimate Life Plan: How to Deeply Transform Your Everyday Life and Create Changes That Last*" has been selected as a finalist in the ForeWord Review's 2012 Book of the Year Awards. The book is a finalist in three categories—Body, Mind & Spirit; Psychology; and Self-Help. The awards recognize outstanding books from independent and academic presses.



## Your Ultimate Life Plan on the Best Seller Lists

12E • SUNDAY, MARCH 24, 2013

books

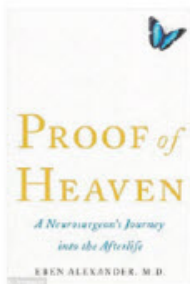
THE TENNESSEAN

### **publishers weekly best sellers**

Associated Press

#### **TRADE PAPERBACKS**

1. **"Proof of Heaven"** by Eben Alexander (Simon & Schuster)
2. **"11th Hour"** by James Patterson and Maxine Paetro (Grand Central Publishing)
3. **"Fifty Shades of Grey"** by E.L. James (Vintage)
4. **"America the Beautiful: Rediscovering What Made This Nation Great"** by Ben Carson M.D. and Candy Carson (Zondervan)
5. **"Quiet"** by Susan Cain (Broadway Books)
6. **"Life of Pi"** by Yann Martel (Mariner Books)
7. **"Fifty Shades Darker"** by E.L. James (Vintage)
8. **"Fifty Shades Freed"** by E.L. James (Vintage)
9. **"Spring Fever"** by Mary Kay Andrews (St. Martin's Griffin)
10. **"The Silver Linings Playbook"** by Matthew Quick (Sarah Crichton Books)



### **local best-sellers**

#### *Parnassus Books*

1. **"Snake Oil"** by Becca Stevens
2. **"Sum It Up"** by Pat Head Summitt, Sally Jenkins  
Spotlight: Thank you to everyone who came out to celebrate Coach Summitt with us! Signed copies are still available.

#### **3. "Your Ultimate Life Plan" by Jennifer Howard**

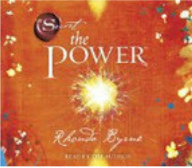
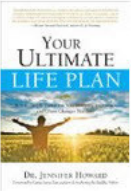
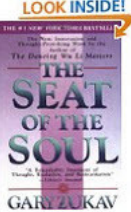
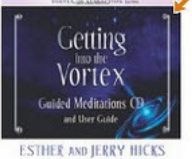
4. **"Our Journey: Called to Malawi"** by Kara Lassen Oliver
5. **"Lean In"** by Sheryl Sandberg
6. **"Bowling Avenue"** by Ann Shayne
7. **"Heading Out to Wonderful"** by Robert Goolrick
8. **"Pushing the Limits (Harlequin Teen)"** Katie McGarry
9. **"Defiance"** by C.J. Redwine
10. **"Wolf Hall: A Novel"** by Hilary Mantel

#### **ABOUT**

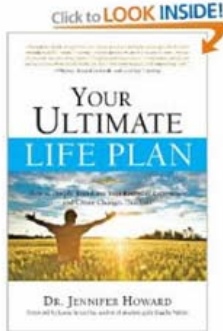
Parnassus Books is an independent bookstore at 3900 Hillsboro Pike, Nashville. It was started by best-selling author Ann Patchett and publishing veteran Karen Hayes.

### Bestsellers in New Thought

The most popular items in New Thought. [\(Learn more\)](#)

- 41.  **The Power**  
Rhonda Byrne (Author, Reader)  
★★★★★ (32)  
~~List Price: CDN\$ 34.99~~  
**Price: CDN\$ 21.94**  
**You Save: CDN\$ 13.05 (37%)**  
19 used & new from CDN\$ 19.61
  
- 42.  **Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes that Last**  
Jennifer Howard (Author)  
★★★★★ (1)  
~~List Price: CDN\$ 17.30~~  
**Price: CDN\$ 14.08**  
**You Save: CDN\$ 3.22 (19%)**  
22 used & new from CDN\$ 10.50
  
- 43.  **Seat of the Soul**  
Gary Zukav (Author)  
★★★★☆ (356)  
~~List Price: CDN\$ 17.00~~  
**Price: CDN\$ 12.27**  
**You Save: CDN\$ 4.73 (28%)**  
850 used & new from CDN\$ 0.01
  
- 44.  **Getting Into The Vortex: Guided Meditations CD and User Guide**  
Esther Hicks (Author), Jerry Hicks (Author)  
★★★★★ (13)  
~~List Price: CDN\$ 29.95~~  
**Price: CDN\$ 18.77**  
**You Save: CDN\$ 11.18 (37%)**

[Your Ultimate Life Plan](#) and over one million other books are available for **Amazon Kindle**. [Learn more](#)



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## Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last [Paperback]

[Jennifer Howard](#) (Author), [Lama Surya Das](#) (Foreword)

★★★★★ (9 customer reviews) | (49)

List Price: ~~\$16.99~~

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