

News Release
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Contact: Kuvy Ax, ROOT PR
720.329.7327
kuvy@rootpr.com
or
Layne Lieberman
516.729.1006
Layne@WorldRD.com

Local author's book named a "Best Indie Book of 2015"

"Beyond the Mediterranean Diet" reveals European secrets of the super-healthy

Boulder, Colo. (June 3, 2015) – [*Beyond The Mediterranean Diet: European Secrets Of The Super-Healthy*](#), by Layne Lieberman, MS, RD, CDN of Boulder, Colo. has been named one of the "Best Indie Books of 2015" by the Independent Book Publishing Professionals Group, as a book that "deserves to reach a wide audience." Lieberman's book is a finalist of the Health/Wellness category in the 2015 Next Generation Indie Book Awards, the world's largest not-for-profit book awards program for independent publishers and self-published authors. The awards were presented on May 27 in a ceremony at New York City's Harvard Club.

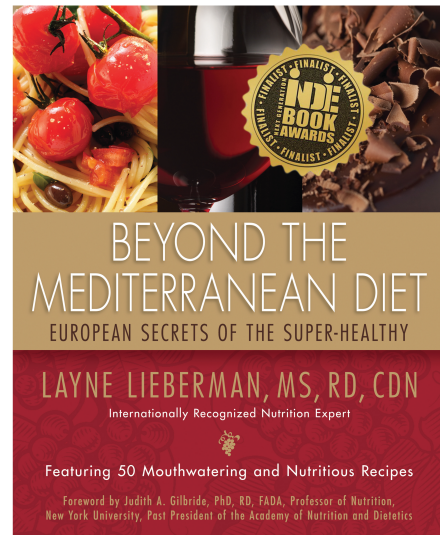
"Our awards program is known as the "Sundance" of the book publishing world," says Catherine Goulet, Chair of the 2015 Next Generation Indie Book Awards program.

Independent book publishing companies are independent of the major conglomerates that dominate the book publishing industry. The indies include small presses, larger independent publishers, university presses, e-book publishers, and self-published authors.

According to Goulet, "Like other independent artists, many indie book publishers face challenges that the industry giants don't experience. The indies have to work much harder to get their best books into readers' hands. Authors and publishers who compete in the Next Generation Indie Book Awards are serious about promoting their books," adds Goulet. "They aim to stand out from the crowd of millions of books in print."

According to Bowker's "Books in Print" database, more than 2.3 million books were published or distributed in the United States alone in 2012, the most recent year for which figures are available. A majority of these (more than 2 million books) were "non-traditionally" published, including print on demand and self-published titles. The number of self-published titles produced annually in the U.S. has increased dramatically, growing 437% from 2008 to 2013.

To help indie authors and publishers reach a wider audience, the top 70 books in the 2015 Next Generation Indie Book Awards will be reviewed by New York literary agent Marilyn Allen of Allen O'Shea Literary Agency or one of Allen's co-agents for possible representation in areas such as distribution, foreign rights, film rights, and other rights.



A complete list of 2015 winners and finalists is available at the Next Generation Indie Book Awards website at <http://www.indiebookawards.com/>.

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About the Author

Layne Lieberman, MS, RD, CDN, is an award winning registered dietitian and culinary nutritionist, and author of the blog [WorldRD](#). She is a member of the Academy of Nutrition and Dietetics and a passionate consumer advocate and innovator in the food, supermarket, restaurant and health industries.

Lieberman holds a Bachelor of Science degree in Nutritional Biochemistry from Cornell University and a Master of Science degree in Clinical Nutrition from New York University. She completed both an internship and fellowship at the Albert Einstein College of Medicine, and trained at the Culinary Institute of America.

She and her husband, Michael, live in New York, Vancouver, BC and Boulder, Colo.

About the Literary Agent

Marilyn Allen has over 25 years of sales and marketing experience, including serving as Senior Vice President, Associate Publisher, and Director of Marketing for Harper Collins and directing sales and marketing teams for Simon & Schuster, Penguin Books and Avon Books. Allen has worked with many best-selling authors including Stephen King, Ken Follett, Barbara Kingsolver, John Gray, Mary Higgins Clark, and many more.

About IBPPG

The aim of Independent Book Publishing Professionals Group is to promote professional standards in independent book publishing (also known as "indie" book publishing), and provide support and recognition for the independent book publishing profession.

[Beyond the Mediterranean Diet: European Secrets of the Super Healthy](#)

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