



PRESS RELEASE

For Immediate Release
(Westfield, NJ)

New Jersey resident's book honored with international awards

A new book by Cheryl Marks Young of New Jersey has won two awards from the Florida Authors & Publishers Association (FAPA).

[“Love Your Life: Cultivating Your Vision and Tending Your Dreams,”](#) published by [Emerald Lake Books](#), offers a step-by-step guide to help men and women take control of their lives, change their outlook, and achieve happiness, even when that involves finding the perfect job or mate.

FAPA recognized “Love Your Life” in the categories of Business Book and Nonfiction: Adult for its annual President’s Book Awards competition.

The association honors book publishing excellence and creativity in design, content and production for North American authors and publishers. FAPA will announce at which level – gold, silver or bronze – that “Love Your Life” will be recognized during its Aug. 5 ceremony.

“Love Your Life” guides readers to create a list of 10 “survival” items, as well as another list of “nice to have” goals. Young details steps to embrace success, imagine an ideal day, and determine which actions individuals must take to live their dreams.

July 12, 2017



“Don’t let the fact that you’re not already perfect at what you want to do stop you from laying the groundwork necessary to move in that direction,” writes Young, whose own infectious optimism fills the book.

As a full-time coach, Young guides her clients through the process of writing and talking to envision their goals.

“People find themselves in their own stories as I give them back to them,” Young says. “You go in search of your goal and find yourself.”

A second book published by Emerald Lake Books, “The 143rd in Iraq,” by Connecticut author Marc Youngquist, also won FAPA recognition, for a cover design by Mark Gerber.

It was the second award this year for Gerber, who is co-owner and art director of the independent Sherman publishing company. He won an IPPY award for cover design in May for “The Life and Times of the Great Danbury State Fair” by Gladys Stetson Leahy and John H. Stetson.

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Press release distributed by Emerald Lake Books. To interview Young or for more information on “Love Your Life,” contact Paul Steinmetz at Paul@EmeraldLakeBooks.com.

July 12, 2017

