



FOR IMMEDIATE RELEASE
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**USA BOOK NEWS ANNOUNCES
EVERY BITE IS DIVINE a FINALIST OF
THE NATIONAL “BEST BOOKS 2007” AWARDS**

NANTUCKET/LOS ANGELES – USABookNews.com, the premiere online magazine and review website for mainstream and independent publishing houses, announced the winners and finalists of **THE NATIONAL “BEST BOOKS” 2007 AWARDS** (BBA) on November 1, 2007. Awards were presented for titles published in 2007 and late 2006. Jeffrey Keen, President and CEO of USABookNews.com, said this year’s contest yielded an unprecedented number of entries.

Keen says of the awards, now in their fourth year, “The 2007 results represent a phenomenal mix of books from a wide array of publishers throughout the United States. Winners and finalists traversed the publishing landscape: Simon & Schuster, Penguin-Putnam, HarperCollins, Random House, McGraw-Hill, Houghton Mifflin Co., John Wiley & Sons & hundreds of independent titles contributed to this year’s outstanding BBA competition.

A complete list of the winners and finalists of the USABookNews.com National “Best Books” 2007 Awards are available online at <http://www.USABookNews.com>.

Inspiration for healthy living

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About the book: *Every Bite Is Divine: the balanced approach to enjoying eating, feeling healthy and happy, and getting to a weight that's natural for you* blends the science of weight management with yoga practice and philosophy to guide real behavior change. Personal stories inspire the reader with a physical, mental and emotional journey to a natural healthy weight and joyful exploration into loving the body they have right now.

About the author: Annie B. Kay, MS, RD, RYT, is a unique voice as a writer, speaker, spokesperson, and teacher. Her rare blend of scientific education in nutrition, practical training in yoga, and her personal health story brings unusual dimension to her endeavors in communicating the art and science of health. Annie is a graduate of Cornell University (nutritional biochemistry) and Boston University (nutrition communications) and has numerous scientific papers to her credit. She has written for *Cooking Light*, among other national magazines, and has appeared on CNN and in the national media on topics of health and wellness. The author's website is www.anniebkay.com.

Title: *Every Bite Is Divine*

Genre: Health & Fitness/Personal Growth/Yoga

Publication Date: Feb. 2007

Price: \$16.95

Author: **Annie B. Kay**

ISBN: 978-0-9787438-3-3

Pages: 194

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