

NEWS RELEASE

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FOR IMMEDIATE RELEASE

“INDEPENDENT PUBLISHER’S BOOK RECEIVES FOREWORD MAGAZINE’S BOOK OF THE YEAR AWARD”

“LIFE’S SPICES FROM SEASONED SISTAHS NAMED BOOK OF THE YEAR”

ForeWord Magazine announced the winners of the 2005 Book of the Year Award at their awards program May 19, 2006 during **BookExpo America at the Washington Convention Center in Washington DC Friday, May 19th, 2006.**

Life’s Spices from Seasoned Sistahs, a Collection of Life Stories from Mature Women of Color was received the Silver Book of the Year award in the category of essays. Within this book is a collection of nearly 60 essays and poems written by women of color that deal with all facets of life and how these women weathered the storms, and trials, and celebrated the triumphs.

Over the years *ForeWord* has had the distinct honor of acknowledging and recognizing excellence in publishing from independent presses. This year, the seventh annual, was no exception. Librarians and booksellers across the U.S. selected winners from 608 finalists.

“Life’s Spices’ from Seasoned Sistahs” is a collection of 55 personal essays and poems peppered with candor, dabbed with sassiness, and covered with wisdom gained from living.”

Black Issues Book Review
January – February 2006 Issue

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