

# Living Now Book Awards

(<http://www.livingnowawards.com/index.php>)

## 2019 living now award winners

Jenkins Group is proud to announce the results of the Eleventh Annual Living Now Book Awards.

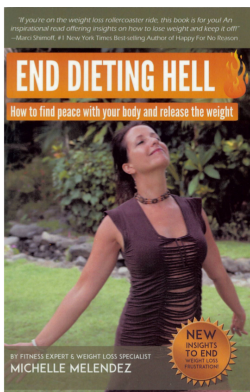
Congratulations to all the winners!

Listed below are the gold, silver and bronze medalists for the exercise / fitness / yoga category.

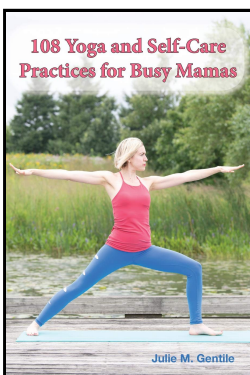
### exercise / fitness / yoga



**GOLD:** *Walking Gone Wild: How to Lose Your Age on the Trail*, by Dami Roelse (Fuze Publishing)



**SILVER:** *End Dieting Hell: How to Find Peace with Your Body and Release the Weight*, by Michelle Melendez (Women Being Fit)



**BRONZE:** *108 Yoga and Self-Care Practices for Busy Mamas*, by Julie M. Gentile (MSI Press)