

FOR IMMEDIATE RELEASE:
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FOR REVIEW COPY OR INTERVIEW
CONTACT: Nutshell Publications
713-662-2743
info@nutpub.com

FOR INFORMATION ABOUT AWARDS
CONTACT: JPX Media
800-733-6511
jpxmedia@earthlink.net

**PUBINSIDER.COM AND NUTSHELL PUBLICATIONS
ANNOUNCE LOCAL AUTHOR FINALIST OF
THE NATIONAL 2007 INDIE EXCELLENCE BOOK AWARDS**

LOS ANGELES – PubInsider.com, the premiere online magazine and publishing industry consulting firm, announced the winners and finalists of its “**NATIONAL 2007 INDIE EXCELLENCE 2007 BOOK AWARDS**” on May 1, 2007. 250 winners and finalists were announced in over 60 categories covering print, audio, and e-books.

Jeff Bowen, president and publisher of PubInsider.com, said this year’s contest yielded over 700 entries which were then narrowed down to 250 winners and finalists. *Being Prayer—Transforming Consciousness: Good News of Buddhist Practice* by Houston author and meditation teacher, Mary Rees, is an award-winning finalist in the Spirituality category.

This beautiful, compact, and immediately useful book heralds joy and kindness as the natural possibility for human life. Rees maps out clear methods for beginning such a life and offers rich resources for further exploration. She guides the reader in ways to learn to live happily in the midst of challenging dichotomies; relishing the passion, the joys, the sorrows, and the preciousness of a life; and in full awareness of physicality, subjective experience, and connectedness with God and each other.

The book has been recognized by leaders in both Christian and Buddhist traditions: Richard Rohr, a Christian teacher says, “How we see determines what we see, and Mary Rees will help you to see much better.” Rodney Smith, a Buddhist, “Mary Rees takes hard concepts like consciousness and mind and makes them accessible.”

Bowen says of the awards, now in their second year, “The 2007 results represent a phenomenal mix of books from a wide array of publishers throughout the United States and a healthy dose of newcomers to watch!”

Read more about Being Prayer at www.beingprayer.com. A complete list of the winners and finalists of the The National 2007 Indie Excellence Book Awards are available online at <http://www.IndieExcellence.com>. Jeff Bowen is available for television, radio, and press interviews nationwide to talk about the National 2007 Indie Excellence Book Awards and other publishing industry topics.

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