

FOR IMMEDIATE RELEASE

Living Now Book Awards Announce the Best Lifestyle and Wellness Books of 2026

Traverse City, MI – August 12, 2026 –The Living Now Book Awards have announced its 2026 medalists and finalists, recognizing some of the year's best lifestyle and wellness books. From personal growth and health to relationships, spirituality, resilience, and social change, this year's honorees offer fresh ideas, meaningful perspectives, and practical guidance for living well in today's world.

This year also marks a first for the Living Now Book Awards. In response to an especially strong field of entries, judges selected finalists alongside gold, silver, and bronze medalists, recognizing additional books that stood out for their quality, creativity, and impact.

The 2026 honorees include independent authors, self-publishers, and established publishing houses, reflecting the breadth of voices and perspectives shaping today's lifestyle and wellness publishing and inspiring greater connection, well-being, and positive change.

See complete contest results here: www.livingnowawards.com/blog/2026-medalists

About the Living Now Book Awards

Since 2008, the Living Now Book Awards have honored the year's most inspiring lifestyle titles in more than 25 categories, recognizing stories that enrich our lives and make the world a better place. From cooking and entertaining to fitness, travel, personal development, and sustainability, these awards celebrate creativity and innovation that spark positive change in readers' lives.

A panel of judges—including authors, educators, and publishing professionals—carefully evaluates each entry for content, design, and creativity. By selecting 3–6 medalists per category, the awards recognize books that not only inform but also inspire personal growth, strengthen communities, and promote a better world.

About Jenkins Group

Founded in 1988, Jenkins Group, Inc. is a premier self-publishing company specializing in custom book production and commemorative publishing. Based in Traverse City, Michigan, Jenkins Group has helped thousands of authors and organizations bring their stories to life through high-quality books. The company offers a full suite of publishing services, including ghostwriting, editing, design, printing, and distribution.

In addition to its publishing expertise, Jenkins Group administers five distinct book award programs, including the Living Now Book Awards, recognizing excellence across multiple

literary genres. With decades of experience, Jenkins Group remains committed to helping authors and organizations share their messages with the world.

For more information about the Living Now Book Awards, visit livingnowawards.com.

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