

Decide Better - For a Better Life Nominated For The Nautilus Book Award

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Dallas, TX/January 29, 2009 – Decide Better! For a Better Life (ISBN 978-1-935112-00-6, Motivation Publishing, 2008) by Michael E. McGrath, the first book in the Decide Better! decision series, has been nominated for the Nautilus Book Award in the self-help category. The Nautilus Book Award is considered one of the most prestigious book awards in the publishing industry and recognizes excellence in books and writing. Decide Better! For a Better Life is designed to assist individuals in making better decisions in their everyday lives that will help improve their daily lives. The book and its author, Michael E. McGrath have been featured on CNN International and FOX Business Network. Nautilus Book Award winners are carefully selected in a unique three-tier judging process by experienced teams of book reviewers, librarians, authors, editors, book store owners, and leaders in the publishing industry. The Nautilus Book Award is dedicated to the idea that books can change the world. The winner of the Nautilus Book Award will be announced on at BookExpo America in New York City.

“I am very honored to have been nominated for the Nautilus Book Award,” said Michael E. McGrath, author of Decide Better! For a Better Life. “When I first began writing Decide Better! For a Better Life, I did so with the recognition that we all need to make better decisions in our daily lives and it was my hope that this book would help us with this and I am very pleased to see the strong following it has developed. The need for better decision making is more critical now than ever before and by understanding how to make better decisions, we will be able to make more meaningful and impactful decisions in our daily life.”

Decide Better! For a Better Life provides 90 witty and practical lessons on decision-making. It is designed so that readers can pick it up and read one or two chapters at random throughout the book, then come back to it and read other chapters later. It is truly a guidebook for successful decision-making in everyday life. The next books in the series are Decide Better! For College co-authored with Christopher K. McGrath and will be released March 10, 2009; and Decide Better! For Business due for release in Summer 2009.

Author, Michael E. McGrath is an experienced management consultant, business executive and visionary, entrepreneurial leader, author, and family man who has studied and applied decision-making for more than 25 years and been praised worldwide for his insightful and innovative approaches to decision making.

Michael has established a reputation as a strong, yet personable and witty, decision-maker and credits much of the success in his life to making better decisions. Throughout his career, Michael has published more than 500 articles and given more than 600 speeches. With Decide Better!, he now brings that impressive experience to everyone.

About Michael E. McGrath and Decide Better!

Michael E. McGrath is the founder of Decide Better! and the author of Decide Better! For a Better Life. Decide Better! (www.decidebetter.com) is committed to helping people improve their lives through better decisions through its series of books, seminars, media interviews, and resources on its web site.

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