



For Immediate Release

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***Decide Better! For a Better Life Nominated For
The National Best Book Award***

Award Recognizes Excellence In Writing By Independent Publishers

Decide Better! For a Better Life Earning Strong Worldwide Following and Honors

Dallas, TX/March 26, 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 National Best Book Award in the self-help category. The National Best Book Award is considered one of the leading book awards in the publishing industry and recognizes excellence in independent publishing. *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 and are earning a following among readers worldwide. The National Best Book Award was established to recognize and to honor the most exceptional independently published books in 70 different categories, for the year, and is presented by USA Book News. Winners will be announced in October 2009.

“I am very honored to have been nominated for the Next Generation Indie 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. 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 the newly released *Decide*

Better! For College co-authored with Chris McGrath; 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!

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. McGrath is considered one of the world's foremost decision gurus. His insight on the decision making process is sought after by individuals, businesses, and associations. *Decide Better!* is the leading book series dedicated to improving your life through better decisions. In the *Decide Better!* book series, McGrath develops the processes for proper decision making. The books include *Decide Better! For a Better Life*, the newly released *Decide Better! For College*, and *Decide Better! For Business Success* scheduled for a fall release. More books in the *Decide Better!* book series will be released in 2010. Additional information on Michael E. McGrath and *Decide Better!* may be obtained at www.decidebetter.com.

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