



**FOR IMMEDIATE RELEASE**

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**Molly and Nan Dellheim Honored by National Indie Excellence Awards  
Contest recognizes outstanding independently published books**

Los Altos, California – **How I Look Journal** by Molly and Nan Dellheim has been selected the FINALIST of the 2011 Indie Excellence Award in the category of **Young Adult Non-Fiction**.

The Indie Excellence Awards are reserved for the “best of the best” in books published in various genres. The criteria for recognition are stringent and include overall excellence in presentation. This award celebrates the highest achievements in independent press and self-publishing, a sector of the industry that has grown exponentially in recent years.

Winners and finalists were announced on Sunday, May 15, 2011.

The **How I Look Journal** has been resonating with moms, teachers, and counselors who are searching for self-esteem building tools for young adolescent girls. It blends age-appropriate information and thought-provoking journal prompts with personal notes from a caring mentor and inspirational quotes. Written as a collaborative mother-daughter effort, it has a youthful tone and reflects girls’ voices. The **How I Look Journal** can be used by individual girls, organizations that support girls’ development, or in the classroom as a component of Social and Emotional Learning. Journal prompts and accompanying information show girls how to celebrate inner strengths and attributes, manage stress, make healthy lifestyle choices, develop realistic expectations for growth and appearance, think critically about media messages, develop a positive attitude, improve body acceptance, and discover inspirational and empowering role models.