



For Immediate Release

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The book that finally addresses open-heart surgery's challenging four to eight week recovery period -- ***The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery*** by Maggie Lichtenberg, PCC, published June 13, 2006 by Open Heart Publishing, Santa Fe, New Mexico – has been chosen a **finalist** in the health category for the **2006 ForeWord Magazine Book of the Year Award**.

Winners will be announced at a special program at BookExpo America at the Javits Center in New York City, June 1, 2007.

“Winners will be determined by a panel of librarians and booksellers, selected from *ForeWord Magazine's* readership. *ForeWord's* Book of the Year Awards program was designed specifically for librarians and booksellers to share in the process of discovering distinctive books across a number of genres with judgments based on their own authority in each category and on their patron/customer interests.” – *ForeWord Magazine*

From the June 15, 2006 *Library Journal* review:

“Where this book excels--and many hospitals fail--is in sharing insight on what you can expect in the transition from hospital to home and how to best manage the four- to eight-week period of home recovery. Lichtenberg offers excellent guidelines and checklists for people at various stages of surgery that will help them organize their entire experience and think about surgery as more than just time spent in the operating room. This book does an excellent job of encompassing patient-center concepts and helping readers become knowledgeable about hospital processes and procedures that can often cause stress and discomfort. Highly recommended for public and consumer libraries.” -- **Howard Fuller, Stanford Health Library, Palo Alto, CA**

The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery is available at www.openheartcoach.com and from Baker & Taylor, Quality Books, Unique Books, and selected Barnes & Noble stores.