

For Immediate Release: September 9, 2016

Reader's Favorite recognizes "Busy Mom's Cheat Sheet" in its 2016 international book award contest.

The 2016 Readers' Favorite International Book Award Contest featured thousands of contestants from over a dozen countries.

New York, New York. Readers' Favorite has become the fastest growing book review and award contest site on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

In addition to reviewing for some of the biggest names in the literary industry, as well as the first time independent author, they host a respected award contest which features entries from new authors to NYT best-sellers, as well as celebrities like Jim Carrey and Henry Winkler.

"Readers' Favorite is proud to announce that "Busy Mom's Cheat Sheet" by Lilly Cadoch is a Finalist in the Non-Fiction - Parenting category in our 2016 International Book Award Contest."

Busy Mom's Cheat Sheet book is a quick guide providing busy moms and all caregivers the tools to teach their children how to have a healthy body and a healthy mind. And includes 45 recipes that are quick, easy and delicious even for those picky eaters!

Lilly Cadoch is an award-winning author, certified health coach and dynamic speaker devoted to helping busy mom's and all caregivers raise happy healthy kids.

Learn more at <https://readersfavorite.com/book-review/busy-moms-cheat-sheet>

"Busy Mom's Cheat Sheet" also won a Finalist award in the 2016 Next Generation Indie Book Award Contest.

Excerpt from Readers' Favorite review "an uplifting book...addresses the importance of mind, body and spirit, and how balancing them will help us achieve enriching and fulfilling lives"

Lilly Cadoch

Busy Mom's Cheat Sheet

<https://readersfavorite.com/book-review/busy-moms-cheat-sheet>

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