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**NEWS RELEASE
FOR IMMEDIATE RELEASE**

***Lapping Everyone on the Couch* gets Book Excellence Award recognition**

Darryl W. Perry's [*Lapping Everyone on the Couch: How I Lost 145 Pounds and Became a Runner*](#) was recognized as a Finalist in the a Book Excellence Award in the Fitness category. Founded in Toronto, Ontario, the Book Excellence Awards is an international book awards competition dedicated to recognizing both independent and traditionally published authors and publishers for excellence in writing, design and overall market appeal. Previous Winners and Finalists of the Book Excellence Awards have doubled their book sales, garnered attention from film producers, received distribution in book stores and increased their visibility and media attention.

"It's an honor to receive recognition on this book", says Darryl W. Perry. "I'm hoping this will help get the book in front of more people and inspire them to make positive changes in their lives."

Lapping Everyone on the Couch is about the life transformation of a formerly sedentary man who lost 145 pounds and started running marathons. This is not a weight-loss book or a diet book. There is no one size fits all solution for weight loss, becoming active or transforming your life to become a better version of yourself. He says, "I want you to be motivated to transform your life, get in shape, and inspire others. It's not going to be easy, but it IS going to be worth it!"

About the Author – Darryl W. Perry has spent most of his adult life as an advocate & activist for peace and liberty. He ran for President with a goal to run the most libertarian presidential campaign in history, to promote the ideas of liberty as boldly and as often as possible, and to give as many people as possible the chance to vote for an actual libertarian in November 2016. Darryl served as Chair of the Libertarian Party of New Hampshire from September 2016 until April 2018, and has been a public interest lobbying since June 2016. Darryl W. Perry is also the Founder and Chief Running Officer of [Liberland Road Runners](#).

About the Book Excellence Awards – Founded in Toronto, Canada, the Book Excellence Awards is an international book awards competition dedicated to recognizing both independent and traditionally published authors for excellence in writing, design and overall market appeal. Previous Winners and Finalists of the Book Excellence Awards have been New York Times' best-sellers, spoken at the United Nations and TEDx, and have had their books optioned by movie studios. To learn more, visit:

<https://www.bookexcellenceawards.com>.

Darryl will be available for interviews to discuss his book, and can be contacted directly via email darryl@darrylwperry.com.