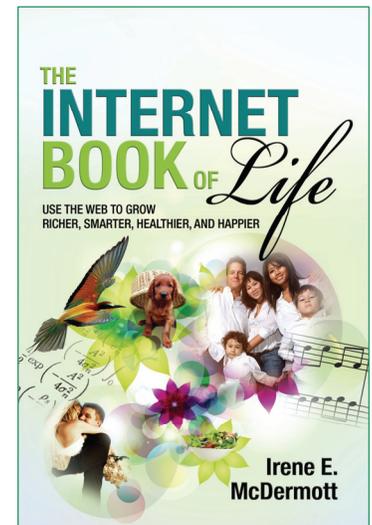


For Immediate Release

Contact: Rob Colding
(800) 300-9868 or
(609) 654-6266, ext. 330
rcolding@infotoday.com

Cyber Tools for Living the Good Life

New Guide Offers “Cradle to Grave” Support for Using Free, Quality Online Resources to Grow Richer, Smarter, Healthier, and Happier



July 11, 2011, Medford, NJ—Information Today, Inc. (ITI) announced the publication of *The Internet Book of Life: Use the Web to Grow Richer, Smarter, Healthier, and Happier*, by reference librarian and author Irene E. McDermott, in simultaneous print and ebook editions and with online support provided via the author’s blog.

In *The Internet Book of Life*, McDermott recommends an array of high-quality, free online resources that can help individuals and families answer important questions, make better decisions, and live fuller, happier lives. She presents websites, blogs, online tools, and mobile apps along with practical tips and advice on how to use them. Throughout, the author’s emphasis is on real-life goals, dilemmas, and challenges—from matters of personal finance to parenting, relationships, health and medicine, careers, travel, hobbies, pets, home improvement, and more.

“Whether you need insight, direction, caution, reflection, entertainment, or fact-checking assistance, *The Internet Book of Life* can help,” writes bestselling author John Kaufeld in the foreword. Tracy McCubbin, founder and creator of the popular dClutterfly site, says, “You’ll wonder how you lived without it for so long,” adding, “As a professional organizer, saving time for people is one of my life’s missions, and I will use this guide to save time for myself.”

Irene McDermott is a popular author, columnist, blogger, and working mom whose day job is as reference librarian at the Crowell Public Library in San Marino, California. The author of two editions of *The Librarian’s Internet Survival Guide: Strategies for the High-Tech Reference Desk*, McDermott’s “Internet Express” column has appeared in *Searcher* magazine since 1997.

The Internet Book of Life: Use the Web to Grow Richer, Smarter, Healthier, and Happier (312pp/softbound/\$19.95/ISBN 978-0-910965-89-7) is a CyberAge Book from Information Today, Inc. (ITI). It is available in better bookstores through Independent Publishers Group (IPG) and direct from the publisher, and in ebook format for a range of popular ereaders. For a free catalog or to order call (800) 300-9868 or visit the ITI website at www.infotoday.com.