

Submission Guidelines:

- Typed.
- Double spaced.
- Standard margins—1"—1½" on all sides.
- Use any "true type" font, e.g., Times New Roman, Courier New, etc. No smaller than size 12.
- Standard manuscript format, e.g., chapters (and title of picture book for children) begin 1/3 of way down page, page number in upper right of every page except 1, writer's name and word or two from book title in upper left on every page except 1, etc.
- Cover letter.
 1. Describe your book in one (or, at most,) two sentences.
 2. Include the intent of your work—what you meant to say, or the question you asked yourself and its answer within the book—and,
 3. For children's books, also include the age group for whom you wrote it.
- Cover page (not required for picture book) or page 1—
 - Upper left—include name, address, phone number, email address.
 - Upper right—include approximate number of words in manuscript.
 - About one-third of way down page, enter title of book in ALL CAPS
- Include SASE. Cover letter and four-page picture book (up to five pages) requires #10 envelope SASE with "forever" stamp. Others require postage for weight.

Mail to:

Mary Beth Lundgren
487 NE 4th Ave.
Cape Coral FL 33909