

## Lori Ann King

Author of “Come Back Strong: Balanced Wellness After Menopause”  
Kingston, NY

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What if you went to sleep one night and discovered your whole life had changed when you awoke the next morning? This is what happened to Lori Ann King when she went into surgery expecting one result, but was faced with an entirely different reality – one that has had a lasting impact on her life.

Lori discusses how she has taken responsibility and asserted control over her life to “Come Back Strong” after having to deal with the realities of surgical menopause, which was triggered after she had a full hysterectomy and oophorectomy (e.g. the surgical removal of the ovaries) at the age of 43. The book is full of practical tips for readers to release weight, reduce stress, improve emotional health and make positive lifestyle changes – all of which will help them not only manage their menopause, but also create habits that strengthen their mind, body and emotions. Bottom line, women of all ages will find Lori’s insights to be empowering, whether they are going through hormone transitions or facing other challenges in life.

Lori, who is a speaker, entrepreneur and wellness coach, is the best-selling author of “Come Back Strong: Balanced Wellness After Surgical Menopause.” A lifelong athlete, Lori is also passionate about cycling and bodybuilding, and currently resides in the Hudson Valley of New York with her husband, Jim.



### Chapters in “Come Back Strong: Balanced Wellness After Surgical Menopause”

- I. My Story
  - II. Preparing for Surgery and Initial Recovery
  - III. Wellness and the Challenges of Menopause
  - IV. Complementary Medicine
  - V. Lifestyle Changes
  - VI. Thoughts, Words, and Feelings
  - VII. Come Back Strong
- Appendix Questions You May Wish to Ask Your Doctor

*“This book is for you if you’ve had or you’re facing an impending surgery, illness or treatment that could push you into menopause, or if you know a woman who is experiencing surgically induced menopause and want to learn the best way to support and help her.”*

*- Lori Ann King, Author*