

Chicken Soup For the Soul Contributor Moves to Las Cruces

Christmas is in the Air will jumpstart your holiday spirit

Las Cruces, NM (November 2020) — “PLEASE STOP SMOKING! I’m afraid you’re going to die.” This was the message local author Lori Ann King wrote on a poster for her dad the Christmas she was ten years old. It was a wish for something that could not be found in stores or bought with money, but would make her biggest fear go away. While there wasn’t a dry eye in her home that Christmas morning, the tender moment passed. It would seem the poster and written plea had been forgotten. That is until spring of the following year when Lori’s dad gave her a gift that had a positive effect on both of their lives to this day.

The joy of giving and sharing runs throughout the 101 true, personal stories in [*Chicken Soup for the Soul: Christmas Is in the Air*](#) (Chicken Soup for the Soul, LLC; Amy Newmark; October 13, 2020, 978-1-611590708, \$14.95). You’ll read about communities coming together to make Christmas special for families going through hard times, the joy of giving, and some very creative ways to make your own holidays even more fun. You’ll undoubtedly come away from these pages with new ideas for gifts and family activities.

King is a two-time contributor to the *Chicken Soup for the Soul* series. Her first story, “Choosing Joy” is about the devastating surgery that changed her life overnight and how she took responsibility for her health and mindset to be more positive and live with joy. It is included in [*Chicken Soup for the Soul: Think Positive, Live Happy*](#) (September 24, 2019, 978-1611599923, \$14.95). This book is filled with 101 stories about people using a constructive mindset to do the impossible, whether they are achieving success despite predictions to the contrary, coming back from trauma and disasters, or rebooting their lives through their mindsets and force of will.

King is the author of [*Come Back Strong, Balanced Wellness after Surgical Menopause*](#) (December 20, 2017, 978-0999542309, \$14.95). She believes that women have more control over their situation in menopause than they think. In *Come Back Strong*, she shares her personal journey with hysterectomy and oophorectomy, which thrust her into sudden surgical menopause—describing the vulnerable parts of her life, marriage, and experience, as well as the joys and celebrations that came from discovering a practical path back to balanced wellness. It’s about

- Finding balance in mind, body, and emotion.
- Being empowered to play an active part of your own health care team.
- Managing expectations and choosing your perspective.
- Uncovering and embracing your passion.
- Discovering your purpose.
- Learning to come back from any life event, listen to your heart, and create a life you choose.

ABOUT LORI ANN KING

Lori Ann King is the Amazon best-selling author of *Come Back Strong*, *Balanced Wellness after Surgical Menopause* and a two-time contributor to the *Chicken Soup For the Soul* series. She is the creator of the online bite-size course *Balanced Wellness during Menopause*. King has an undergraduate degree in Recreation from Western State College of Colorado and an advanced certificate in Information Management from Syracuse University. When she's not writing, you'll find her with her husband Jim on their bikes, paddleboards, kayaks, or in the gym. For more information on King visit www.LoriAnnKing.com.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. With well over 100 million books sold to date in the U.S. and Canada, more than 250 titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known worldwide and is regularly referenced in pop culture. Today, 26 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish a new title a month. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

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For a review copy of [Chicken Soup for the Soul: Christmas Is in the Air](#) or an interview with Amy Newmark or a contributor, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.

For a review copy of *Come Back Strong* or an interview with Lori Ann King, please contact Lori Ann King at (845) 418-7083 or Lori@LoriAnnKing.com.