

FOR IMMEDIATE RELEASE

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Know yourself. Love yourself. Empower yourself. Rescue yourself.

Elbridge native pivots during the pandemic, publishes two new books, turning a setback into another comeback.

Las Cruces, NM (October 2021) — When Lori Ann King wrote [*Come Back Strong: Balanced Wellness After Surgical Menopause*](#) (2017) she shared her experience of waking up from a devastating surgery, finding herself in sudden surgical menopause, and her journey back to health. Little did she know, she would face more setbacks that would require another comeback a few years later.

Like so many others, 2020 King's family like a hurricane. In March, her husband retired as a personal trainer due to the pandemic. They decided to pursue a life-long dream of moving to the Southwest, traveling over 2,100 miles to New Mexico where they would experience isolation like never before. With the move, came the loss of her own job and primary income. Just 30 days prior to their departure, the transmission went on their only vehicle. Parts were not available and they were car-less for close to a month. If that wasn't stressful enough, King's husband was diagnosed with prostate cancer 6 weeks prior to their move.

Despite the setbacks and challenges, they came back strong. King's husband kicked cancer's ass and regained his health and vitality while King wrote two books, launched her own online store, and dove into a career as an author. They are steadfast and diligent in their effort to keep the promise they made to each other long ago: to be as healthy as they possibly can be, every single day, for the rest of their lives. With a focus on nutrition, sleep, stress reduction, play, and self-care, they remain resilient through the toughest of times.

"I believe that no matter how dark the night, joy comes in the morning, whether that joy comes tomorrow, or some morning in the future. Bad things have a time limit. While it is sometimes hard to find the purpose in challenges or traumas, I believe that things that stem from harm can be used for good."

Self-care, self-awareness, and self-empowerment are themes that run throughout [*Wheels to Wellbeing: A Practical Self-Care Guide to Living a More Balanced Life*](#). *Wheels to Wellbeing* will help you analyze, reprioritize, and balance your life. It will help you set boundaries so you can experience more calm and presence in your life while living with more purpose, passion, and in service to others. It will help you look at your life differently so that you can go from Superwoman to superhuman and, in the process, develop the awareness and skills to enjoy a more balanced life. You'll undoubtedly come away from these pages wanting a copy for everyone on your holiday list.

Self-love and strengthening your mindset are at the center of [*Transform: Building the Mindset to Change Your Body and Your Life*](#). King has a keen understanding of the mind-body component involved in

transforming your body. She survived her own obstacles and setbacks along her journey to becoming a finalist in a sixteen-week transformation challenge. King will help you

- discover *what* you want to change and *why* you want to change it;
- gain support not sabotage in your transformation quest;
- learn to be more intentional with your thoughts and habits;
- observe what habits support your goals, and what lead you away from them;
- become the hero in your own life.

Together, *Wheels to Wellbeing* and *Transform* will help you practice self-care through the holidays and set more meaningful resolutions with intention that will carry you through the new year. For a limited time, King is offering a discount at [her store](#). Use code TWOFER to save 10% on any two or more items. Kindle and EPUBS, paperbacks, hardcovers, and large print editions are available.

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 a former runner-turned-cyclist, a 2019 IsaBody Challenge Finalist, and 2017 IsaBody Honorable Mention. 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.

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