

FOR IMMEDIATE RELEASE

**CONTACT: Lori Ann King (845) 418-7083
Lori@LoriAnnKing.com**

West Point Graduate Jimmie D. King co-authors first book at age 70.

Raging Love is a true story of perseverance and endurance that proves with age comes wisdom and clarity.

Las Cruces, NM (May 2022) — Veteran Jimmie D. King, 1992 American Drug-Free Deadlift national Champion, certified personal trainer and sports nutritionist celebrates the release of his debut book, *Raging Love*, published by Europe's leading sports publisher, Meyer & Meyer Sport.

King spent a lifetime staying as close to the ball in sports as possible, achieving the ultimate success by becoming a powerlifting national champion and setting an unofficial world record. But it was when he stepped away from the ball, resolved his anger issues, and began assisting others in their journeys to greatness that he found peace and happiness.

King is passionate about paying forward the life lessons he learned through athletics and helping to change someone else's life for the better. "Having been driven my rage for so many years, it is easy for me to spot when athletes are running from something or over-using their sport as an outlet for anxiety or discontent. My goal is to inspire them to find peace and happiness earlier in their life and hopefully, with less struggle."

King spent a lifetime filled with a deep ache and emptiness inside as he constantly strove to prove his worth. This left him exhausted and isolated. So often he used sports to outrun his pain. Rage stemming from childhood traumas served him well in sports. Relationships and life, not so much. He worked hard to release the demons of his childhood.

"Being oppressed made me more sensitive to others living with oppression," King says. "Racial discrimination helped me become more compassionate toward all human beings regardless of their color, age, race, gender, sexuality or other difference."

Raging Love is the ultimate hero's journey. We witness an athlete's rise to fame as an angry, chronically injured powerlifting champion who discovers that success does not equal happiness. After the hollow victory, King fell into a state of unease and discontentment, and then rose again, finding happiness and purpose.

Veteran and West Point Graduate Steve Rybczynski describes *Raging Love* as "a "Phoenix" of a story that shows us that in order to "stay close to the ball" you really have to pass it to others because none of us can win in life without an assist from others. Jim gives us that assist in his bare-all journey."

Raging Love: An Athlete's Journey to Self-Validation and Purpose is King's first book. It is co-written by his wife, Lori Ann King, who is an established author who shares life lessons through her writing. 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*. Self-love and strengthening your mindset are at the center of *Transform: Building the Mindset to Change Your Body and Your Life*. In *Come Back Strong, Balanced Wellness after Surgical Menopause* King 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. She reminds us that women have more control over their situation in menopause than they think.

ABOUT THE AUTHORS

Jim King was a certified personal trainer for 21 years, group fitness instructor for five years and photojournalist for *Female Bodybuilding Magazine*. Jim graduated from United States Military Academy at West Point, NY, and spent five years as an officer in the United States Army. He coached the US Army Europe Championship Wrestling Team and the US Army V Corps Track Team in 1976. He was the 1992 American Drug-Free Deadlift National Champion (220-lb. class).

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 author of *Wheels to Wellbeing: A Practical Self-Care Guide to Living a More Balanced Life*, *Transform: Building the Mindset to Change Your Body and Your Life*, and *Lean In or Lighten Up: Rebuilding Your Mind Toward More Positive Emotions*. She is the creator of the online bite-size course *Balanced Wellness through Menopause*. King has an undergraduate degree in Recreation from Western State College of Colorado and an advanced certificate in Information Management from Syracuse University.

Jim and Lori are one of three couples in the United States who have both won an IsaBody Challenge Finalist title. They are certified sports nutritionists and together they have a passion for helping others transform physically and financially. Jim and Lori live an active lifestyle, participating in numerous sports and outdoor activities. You can learn more about them at <https://www.livinglifemoreabundantly.com/> and <https://loriannking.com>.

###

For a review copy of Raging Love, please contact Ginger Bock at gbock@cardinalpub.com.

For an interview with Jim and Lori Ann King, please contact Lori Ann King at (845) 418-7083 or Lori@LoriAnnKing.com.

ABOUT THE PUBLISHER: MEYER & MEYER SPORT

- Meyer & Meyer Sport is Europe's leading sports publishing house and is renowned for delivering best content and professional expertise in the field of sports and health and fitness.
- With a list of more than 2,000 titles, Meyer & Meyer's range of products includes sports handbooks, practical how-to guides, self-improvement manuals, healthy-living guidebooks, nutritional bibles, through to biographies, the inspirational and the fun.
- The publisher has made a string of recent US- and UK-based author signings, as it continues to strongly focus on the international English-speaking marketplace.
- Further information on Meyer & Meyer can be found at <https://www.meyer-meyer-sport.co.uk>.
- Meyer & Meyer's books are available worldwide.