

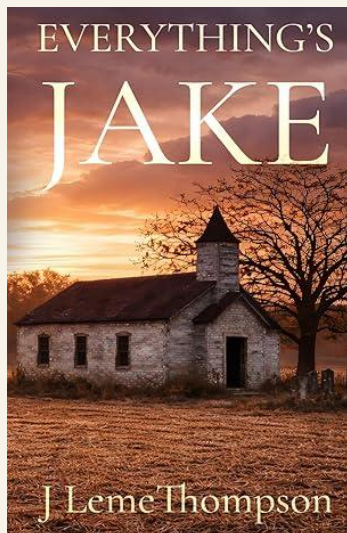
J Leme Thompson

J Leme Thompson is a literary novelist and nonfiction author whose measured, classical prose dissects power dynamics, institutional complicity, and the slow erosion of trust in richly evoked Southern landscapes rooted in his Arkansas upbringing - humid cotton fields that wait like silent witnesses, small towns where faith and silence entwine, and the weight of inherited expectations presses on every quiet decision.

In fiction such as *The Cotton Boll Queen*, he traces a woman's disciplined ascent from Yazoo City's fluorescent margins to controlled authority in New Orleans, examining beauty as strategic armour, fractured motherhood as legacy, and reinvention as deliberate architecture rather than escape. *Everything's Jake* delivers a spare, unflinching look at rural betrayal: ordinary goodness masking systemic failure, a father's devotion to land becoming quiet complicity, and the personal cost when protective structures collapse under unspoken assumptions.

His nonfiction, *The Durable Physique: Build a Body That Lasts*, applies the same rigor to fitness - not from a credentialed expert, but from lived experience. Having transformed from 340 to 240 pounds over the past decade while building significant muscle, he rejects aggressive sprint-and-crash cycles for sustainable recomposition: consistent training, recoverable volume, precise protein prioritization, and patient calorie alignment that compounds progress rather than resetting it. The book champions restraint as the deeper discipline - where results arrive quietly and endure.

Retired to Lisbon after years in Arkansas, J LemeThompson lives with his husband and cover designer, Alex. He now tends houseplants that reward steady attention, pushes weight in the gym with deliberate form over ego, and tackles New York Times Crosswords and Connections puzzles - pursuits that echo his writing: pattern recognition, quiet persistence, and the satisfaction of fitting disparate pieces into something coherent and lasting.



Everything's Jake

In Elmwood, Tennessee, everyone knows everyone.

Faith is steady. Land is inherited. Reputations are earned slowly and kept carefully. When a man like Tom Reeves - attorney, scoutmaster, deacon, the judge's son - takes an interest in your boy, you feel grateful. You feel seen.

John Robinson is fighting to save his family's farm. Sarah Robinson knows something is wrong with her son but cannot name it. Jake is eleven years old, eager to belong, and learning that being chosen by the right people feels like opportunity.

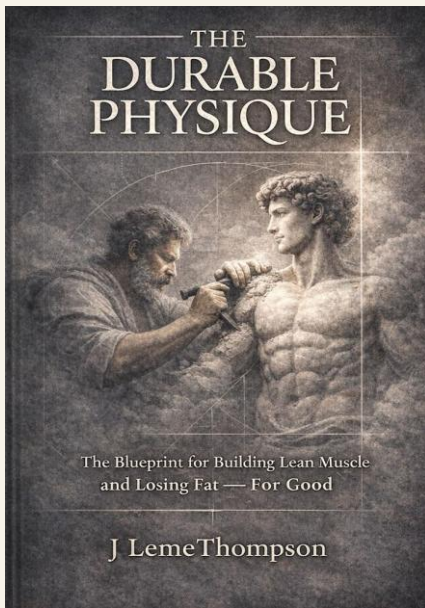
It isn't.

Everything's Jake is a novel about the slow architecture of trust - how it is built, how it is used, and what it costs when the wrong person holds it.

Set against the quiet rhythms of rural Tennessee, it examines how ordinary goodness can coexist with extraordinary harm, and how the institutions we rely on to protect us sometimes protect only themselves.

In small communities, trust moves faster than doubt. And not all guidance reveals its cost at once.

Available at Amazon [HERE](#) (Paperback), [HERE](#) (Hardback) and [HERE](#) (ebook).



The Durable Physique

Most fat loss advice has one thing in common.

It doesn't work. Not for long. Not for people with jobs and families and one honest hour to train.

You've been doing everything right. You lift consistently. You watch what you eat. You've followed the plans and put in the work — usually before the house wakes up or after everyone else is in bed. And you still look largely the same.

This is not a discipline problem. It's not your age or your metabolism. It's that everything you've been told was designed for athletes with unlimited recovery and lifters

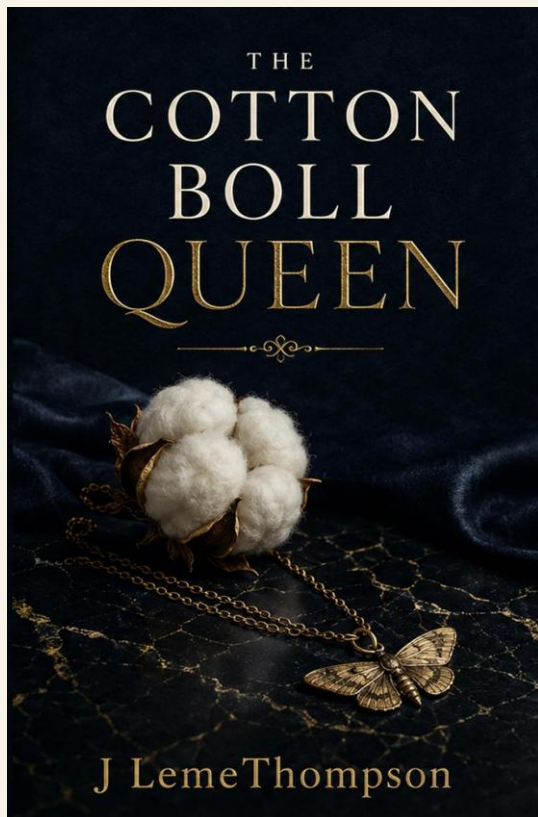
with pharmaceutical help you don't have.

The Durable Physique was written for the rest of us.

Inside you'll find an evidence-based approach to body recomposition - losing fat while preserving muscle - built specifically for natural lifters with real lives. No extreme deficits. No endless cardio. No bulk and cut cycles that leave you softer every year. Just the fundamentals, applied intelligently, by someone who lost 110 pounds over ten years and kept it off.

If you're done restarting, this is where you start for the last time.

Available at Amazon [HERE](#) (Paperback) and [HERE](#) (ebook).



The Cotton Boll Queen

She learned to survive by making herself small.
New York taught her something different.

Named for a poem, Annabelle Lee Crump
knows the weight of being watched.

Annabelle Crump has spent her whole life
making herself small. When a stranger stops at
a Mississippi gas station and sees something
worth noticing, Annabelle follows her into a
world of curated beauty, private power, and
quiet transactions — where desire is a market
and discipline is currency.

From the cotton fields of Yazoo City to the
layered streets of New Orleans, the cold
precision of Chicago, and the guarded rooms
of Manhattan, *The Cotton Boll Queen* follows a

young woman learning to construct herself on her own terms. But the higher she rises,
the more dangerous the men around her become — and the more she understands that
reinvention and captivity can wear the same face.

A novel about power, survival, and the cost of being chosen.

Available at Amazon [HERE](#) (ebook preorder). Paperback from 1st June.

The **Author Website** can be found [HERE](#)

We will be reviewing *Everything's Jake* soon then interviewing J Leme Thompson.