

Two-Time NBA Champion Josh Powell Takes on Relationships in New Book, 'What I Wish I Knew'

Podcast host and author reveals life lessons and a healed heart in his literary debut

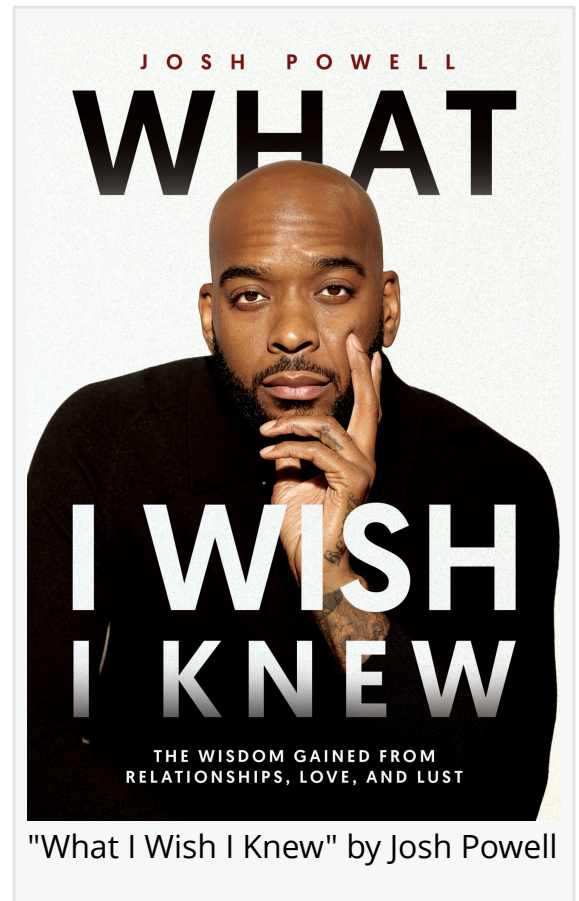
ATLANTA, GEORGIA, UNITED STATES, October 24, 2023 /EINPresswire.com/ -- Professional basketball player Josh Powell is ready for his relationship woes to take center court. He's no longer running from the pain of his past of hiding from those to whom he is accountable. In his new book, "What I Wish I Knew", Josh speaks to the work, vulnerability, acceptance, and many uncomfortable things it takes to create true love, which is what makes true love so rare. Powell is no stranger to being the object of one's affection. As he confesses in the book, many of those relationships, "situationships," and romantic partnerships were maligned, mismanaged, and always seemed to end up out of bounds. The turnovers led to a divorce, several children, and even the loss of close friendships and business partnerships.

As a two-time champion with the Los Angeles Lakers, Powell has had his share of success on the hardwood.

Failure in real-life relationships forced Powell to a face-off with the man in the mirror. After spending time reflecting on years of destructive patterns and behaviors, he discovered why he missed shots and failed to take wide-open shots in relationships. The answer was staring him in the face as he stood in the mirror.

This revelation wasn't limited to romance. Family, friends, and work were all affected by the man known as Josh Powell. The deeper revelation that Powell shares in his book is that his intrapersonal relationship, his most important relationship is the one that needed the most work. After a season of separation from some of his most prolific relationships, Powell has checked in again. One of the most productive partnerships is with Chanel Nicole Scott of CheMinistry. Together with Scott, the tandem launched the "Relationship Matters" podcast, earlier this year.

Josh Powell is ready to share his life's lessons with readers everywhere in "What I Wish I Knew"



"What I Wish I Knew" by Josh Powell



What we don't realize is that every relationship in our lives is affected by the one we have with ourselves."

Josh Powell

and looks forward to unleashing transparency and self-awareness in hopes of helping men and women prevent the self-sabotaging habits that alienate them from the people they love. In his words, "This means taking accountability for our choices, setting healthy boundaries, and giving ourselves permission to realign or redefine our WHY so that the outcomes line up more closely with our intentions. This is how to build a divine foundation" Powell

says of this newfound outlook on life and relationships, "I hope to encourage you to take inventory of the things around you that you can control and not be controlled by the things around you."

To celebrate the book's release, Powell, Scott, and friends are hosting a book release party on Sunday, October 29th. Prepare to immerse yourself in the world of Josh Powell's latest book as we gather to celebrate its release. Join us at The Creators Clubhouse on Sunday, October 29, 2023. Doors open at 3 p.m.

At this exclusive event, you'll have the chance to meet the author himself and get your copy of the book signed. Connect with fellow book lovers, share your thoughts, and delve into the captivating story that Josh Powell has crafted. Located at 3323 Chamblee Dunwoody Road, The Creators Clubhouse provides the perfect backdrop for this celebration. Enjoy a cozy and welcoming atmosphere as you engage in conversations about literature, storytelling, and everything in between.

Don't miss out on this incredible opportunity to be a part of Josh Powell's Book Release Party. Mark your calendars and make sure to join us for an unforgettable evening of literary delight!

Admission to the party is completely FREE. Interested guests can RSVP at the registration link at [Eventbrite](#).

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