

Hope Heals

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Katherine and Jay Wolf's story is one of love, survival and hope. After meeting in college, the 22-year-old couple married and moved to Los Angeles where Jay was pursuing a law degree and Katherine began modeling. Six months after their son James was born in 2007, at the age of 26, Katherine suffered a massive and catastrophic brain stem stroke that nearly ended her life. Against all the odds, she survived and Katherine's life was saved but forever changed, as was their marriage. Seven years after the stroke, the couple welcomed their second miracle son, John into their lives. Katherine is a charismatic and dynamic force that brings humor and joy to all she meets. The two are speakers, authors and founders of the non-profit ministry, Hope Heals. They also co-authored "HOPE HEALS", the account of her near death and their new life, told from both of their perspectives. Their second book, "SUFFER STRONG: How to survive anything by redefining everything" releases February 2020. The family resides in Atlanta, Georgia.

Why Katherine and Jay Wolf?



- Katherine is a fighter who has defied the odds time and again, and although still challenged by significant deficits, her hope and faith remain stronger than ever. Katherine is leading key conversations and utilizing her platform to represent people with disabilities, the largest minority group in the world according to the United Nations.
- Katherine is a dynamic speaker and storyteller, offering hope, humor and joy to all she meets. She has the unique ability to connect with people and inhibit vulnerability as she shares her story of overcoming loss, redefining healing and manifesting hope.
- Katherine and Jay's marriage looks much different than they imagined it would when they were newlyweds. Together they have endured loss, suffering, pain and insurmountable challenges. But, their commitment to combat life's deepest unmet expectations with hope has made all the difference. While statistics indicate that 90% of couples their age divorce following a medical crisis, their journey has made them stronger through a greater purpose. Katherine and Jay view suffering as a gift and beautiful opportunity for redemption and turning bitterness into gratitude.
- Their story showcases the power of trusting in God during life's most difficult challenges and is an example of remaining faithful when life doesn't turn out the way you expect.
- Katherine and Jay turned their pain into a passion, founding the nonprofit ministry Hope Heals and authored their first book, "Hope Heals," detailing their story to inspire others



"Suffering does not have to be the end of your story; rather, it can be the beginning of a new one."

– Katherine & Jay Wolf

About the Book

Suffer Strong: How to Survive Anything by Redefining Everything

A moving read that is both lively storytelling and a provocative call to a different way of seeing the world and ourselves in it, SUFFER STRONG draws on the Wolfs' experience and spirituality to offer hope as inspirational as it is practical. Jay and Katherine alternate chapters, both writing in the first person on specific and wide-ranging topics from loss to beauty, healing to commitment. Philosophical, warm, and pragmatic, Jay candidly explores his life as a husband, caregiver, father, and partner. Wise, vulnerable, and often laugh-out-loud funny, Katherine invites readers into her recovery, frustrations, dreams, and victories. Both authors attempt to reframe life not just for themselves, but for everyone as a never-ending exercise in redefining hope, expectations, and callings. SUFFER STRONG is the follow-up to Katherine and Jay's excellent first book, "Hope Heals," which details the 26 year old, new mom's extraordinary survival after a near-fatal stroke, as well as her inspiring recovery and even flourishing within the profound disabilities that remain, including giving birth to a miracle baby, John.



Zondervan | ISBN: 978-0310344575 | February 11, 2020 | \$24.99

Why Suffer Strong?



- In SUFFER STRONG, Katherine and Jay Wolf remind us that we all experience trauma. We all have scars, and really, we all have invisible wheelchairs. And though we all share the story of struggle, the Wolfs joyfully remind us how much more so we all share the story of strength.
- Profoundly inspiring, vulnerable and funny, Suffer Strong offers readers the hard-won insights of Katherine and Jay and incorporates practical strategies for weathering suffering and embracing resilience with winsomeness and joy.
- The couple shares universal lessons and helpful practices that help transform unmet expectations into brave anticipations, disrupt the myth that joy can only be found in a pain-free life, how to thrive even in the lives we never imagined living and much more.

“Changing how we remember can change our identity and our future,” Jay writes. “The truth is as old as it gets: we can’t control the outcomes in our past, present, or future, but we can decide what lessons we want to learn from them. This kind of remembering is not about revising history, denying pain, or embracing an inauthentic, ‘head in the clouds’ optimism. On the contrary, it’s about a choice each of us is free to make.”

- Jay Wolf, “Suffer Strong”

“The odds were stacked against us,” Katherine writes. “There was no reason to think the end of our story would be a good one. But the reverse occurred. I had always communicated nonstop with the world, but after the stroke, I felt embarrassed to even try, since everything was so different. And yet I found a voice, albeit a new-sounding voice, to tell a story of hope to my rehab community, our circle of friends and family, and an online group of cheerleaders we’d never even met. And telling that story helped reinforce the healing of my broken heart.”

- Katherine Wolf, “Suffer Strong”



Katherine and Jay can discuss a variety of topics, including but not limited to:

- How our responses to trials and life-altering traumas determine who we really are
- The beauty found in suffering and finding purpose in pain
- Culture gives you an out. Commit anyway.
- Redefining failure and your view of calling
- How to dream new dreams
- Coping with the lingering limitations following a stroke and managing the effect of those limitations on marriage and family
- Discovering a hope that heals the most broken places, our souls
- How to redefine your vision of beauty
- The challenging role of the caregiver for a disabled spouse and real cost of loving someone and the commitment that requires
- Finding purpose in your suffering
- The challenges of parenting with a disability
- Rewriting the narrative of hard circumstances by turning our definitions of suffering into declarations of strength
- It is never too late to restart your story

