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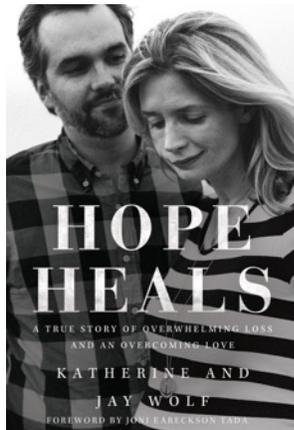
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Couple Shares True Story of Overcoming Near-Fatal Stroke Through the Healing Power of Hope

“There is something profound about hope, something so meaningful when you cling to what is beyond anything you know and understand. When that happens deep in your head and in your heart, something shifts. *Hope heals.*” – Katherine Wolf

Grand Rapids, Mich., January 6, 2016 – Just six months after the birth of Katherine and Jay Wolf’s first son, Katherine’s life nearly ended when she suffered a massive brain stem stroke at the young age of 26. Though her chance of survival was slim, Katherine underwent a risky surgery and miraculously survived, however, her future of recovery was completely uncertain. Yet in that moment, there was a spark of hope. After 40 days on life support in the ICU and nearly 2 years in full-time brain rehab, that spark of hope was fanned into a flame.



On the 8-year anniversary of Katherine’s stroke, the husband and wife, patient and caregiver, are sharing their hope-filled story in ***Hope Heals: A True Story of Overwhelming Loss and Overcoming Love*** (on sale April 26, 2016). Defying every prognosis, with grit and grace, Katherine and Jay share the struggles and joys of regaining a new normal for their family and a new life for Katherine as she re-learns how to communicate, walk and eat.

The stroke took away a lot from Katherine, but the prospect of never bringing another life into the world was one of the hardest. Experiencing the beauty and joy of early motherhood with their son, James, had made her want another children even more. After seven years of longing for the unlikely birth of another child, in June of 2015 the Wolfs welcomed their miraculous second son, John, into the world.

Katherine says, “What has happened to me is extreme; however, it is not that different from what everyone deals with. I am a sort of microcosm for what we all feel. I can barely walk, even with a cane, but who feels free even if they can? My face is paralyzed, but who feels beautiful

-more-

even when they look normal? I have no coordination in my right hand, so I can’t hold things, even my child, but who feels like a competent parent even if all their faculties are intact? My

voice is messed up, but who feels understood even if they can speak plainly? My future is uncertain, but whose isn't?"

In the days following the stroke, multiple blogs and Facebook groups popped up, unbeknownst to the Wolfs, calling the digital audience to pray on Katherine's behalf. Tens of thousands of unique visitors, tracked from 120 countries, were cheering Katherine and her family along the way. The overwhelming response inspired the Wolfs to continue to share all the needs for prayer, all the doubts and all the hopes to these invisible cheerleaders. Now, the Wolfs are stewarding their story of suffering, restoration and Christ-centered hope through their ministry Hope Heals. Over the past eight years, the Wolfs have spoken at more than 150 events, from intimate gatherings of twenty to conference halls of thousands.

"Over the past eight years of this saga, I have learned to do many things well—to wait well, suffer well, cope well, persevere well, and even to lose well," said Katherine. "Our culture tells us to succeed, be beautiful, avoid pain and be happy. What if everything important in our lives is actually the opposite?"

Katherine and Jay Wolf are parents, artists, communicators and survivors. After meeting in college, they got married and moved to Los Angeles to pursue law school for Jay and the entertainment industry for Katherine. Their son James was born in 2007 and six months later, Katherine's life nearly ended with a catastrophic stroke. Miraculously, she survived and continues her recovery to this day. Katherine and Jay have shared their journey of whole-hearted living and hope in Christ in many forums since 2008. Katherine, Jay, and their family currently reside in Los Angeles, Cali. www.hopeheals.com

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Book Details:

Hope Heals: A True Story of Overwhelming Loss and an Overcoming Love

by Katherine and Jay Wolf
Zondervan

ON SALE: April 26, 2016

\$22.99; Hardcover, Jacketed
ISBN: 9780310344964

Suggested Interview Questions for Katherine and Jay Wolf

- At the young age of 26, Katherine endured the unthinkable, a near-fatal brain stem stroke. Tell us about the day this happened.

- The morning after the stroke, Katherine miraculously survived the removal of part of her brain, though her future of recovery was completely uncertain. Yet on this day, there was a spark of hope. How did hope get you through this time of the unknown?
- The idea of hope can be difficult to grasp – we can't see it or feel it. Why should we believe in it?
- How does hope make a difference? What positive effects has it had on you both?
- Just days after the stroke, a digital audience began praying for Katherine's healing, unbeknownst to either of you. You decided to begin providing updates and prayer requests. How did these invisible cheerleaders offer support during this difficult time?
- How has sharing your story made a difference to others?
- Jay, while you were caring for Katherine full-time during acute rehab, a nurse told you 90% of marriages don't last for couples under the age of thirty who suffer a brain injury. What held yours together?
- After your marriage, you moved to LA and had big dreams for your careers – Jay being a lawyer and Katherine in the entertainment industry. How have your career paths changed since the stroke?
- It was unlikely, that you'd be able to have children again, but recently you welcomed a new member to the family. What was it like finding out this wonderful, unexpected news?

Suggested Interview Questions for Katherine Wolf

- After the stroke, your body didn't work like it used to, but you were the same person on the inside. What was it like not being able to speak-up and share this with everyone?
- The most difficult aspect of the aftermath of your stroke was not being able to care for your 6-month-old son, James. How did this new life play a role in helping you get better?
- You also were unable to talk and eat – two of your most favorite things. How were you able to cope with these being taken away?
- While in acute rehab, you felt called to be an inspiration to the staff. Tell us about this.

To schedule an interview with Katherine and Jay Wolf, please contact Jennifer VerHage at jennifer.verhage@harpercollins.com or (616) 698-3331

What Are the Benefits of Having Hope?

The idea of hope can be difficult to grasp, since we can't see it or feel it. Katherine and Jay Wolf are living examples of the healing power of hope after the survival of a near-fatal brain stem stroke. In their new book, *Hope Heals*, the Wolfs offer support and encouragement for those who long to find hope in the struggles of life.

Hopeful people can benefit in the following ways:

- **“Belief and expectation -- the key elements of hope -- can block pain by releasing the brain's endorphins and enkephalins, mimicking the effects of morphine.”**
Jerome Groopman's "The Anatomy of Hope"
<http://www.cnn.com/2013/04/11/health/hope-healing-enayati/>
- **“During the course of illness, belief and expectation -- two mental states associated with hope -- have an impact on the nervous system which, in turn, sets off a chain reaction that makes improvement and recovery more likely.”**
Jerome Groopman's "The Anatomy of Hope"
<http://www.cnn.com/2013/04/11/health/hope-healing-enayati/>
- **"Hope for the future is clearly linked with daily habits that support health and prevent disease."**
Shane Lopez's, "Making Hope Happen"
<http://www.cnn.com/2013/04/11/health/hope-healing-enayati/>
- **“Hopeful people have a greater sense that life is meaningful.”**
(International Journal of Existential Psychology & Psychotherapy, 2010)
<http://www.apa.org/monitor/2013/10/mission-impossible.aspx>
- **“Hope is better at predicting academic achievement than intelligence, personality or previous academic achievement.”**
(Journal of Research in Personality, 2010)
<http://www.apa.org/monitor/2013/10/mission-impossible.aspx>
- **“Hope accounts for 14 percent of productivity in the workplace — more than intelligence, optimism or self-efficacy.”**
(Journal of Positive Psychology, 2013)
<http://www.apa.org/monitor/2013/10/mission-impossible.aspx>

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