

Hope Heals, Katherine and Jay Wolf

Katherine Wolf experienced a brain-stem stroke at the age of 26. *Hope Heals* is the story of her journey through the multiple surgeries, therapy, and rehab units Kathrine endured in the hope of regaining some of what she had lost. The book is written in passages, as the story moves between Katherine and her husband Jay, recounting the first forty days on life support in ICU at UCLA's Medical Center, Santa Monica, California, then moving into the acute rehab unit in the hospital, and finally to a long term rehab facility, Casa Colina. While the typical stay at Casa Colina was two months, Katherine's stay extended over a year as she worked to learn many very basic skills that seemed beyond her reach- like how to swallow, wash her own hair, and stand by herself. During this time Jay and little James were able to stay "on campus" in a small house, which allowed for Katherine to gradually ease into what would be their new life together.

From the very beginning of their story, both Katherine and Jay write about their commitment to each other and to God. When Katherine began to think of writing her story, her therapists told her it was common for stroke victims to want to write their own journey, but few if any ever regained the skills necessary to do so. Determined, Katherine found that challenged her to share, to write for all those who could not. The Wolfs also published *Suffer Strong* in 2020, an expansion of Katherine's story.