

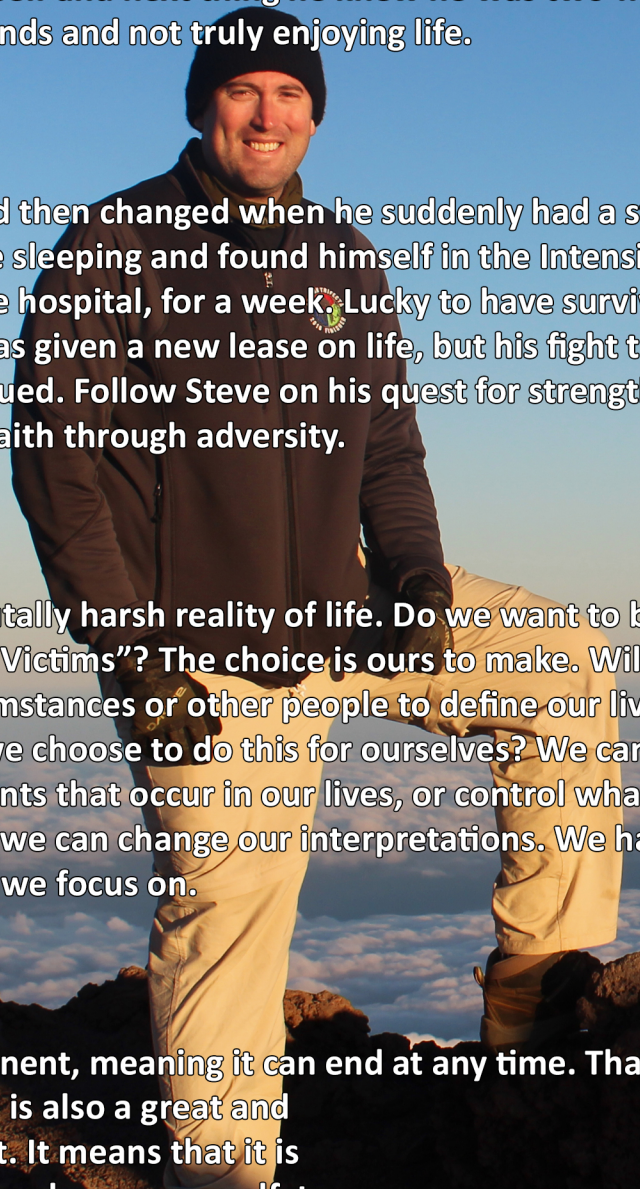
AN IMPERFECT WARRIOR - TRAUMA

This true story account begins with Steve at age thirty-five, married and father of three boys, caught in the day-to-day grind of life. Putting work and everyone else first, Steve started neglecting himself and next thing he knew he was two-hundred and ninety pounds and not truly enjoying life.

His entire world then changed when he suddenly had a stroke one night while sleeping and found himself in the Intensive Care Unit of the hospital, for a week. Lucky to have survived death, Steve was given a new lease on life, but his fight through sickness continued. Follow Steve on his quest for strength, positivity and faith through adversity.

Trauma is a brutally harsh reality of life. Do we want to be "Warriors" or "Victims"? The choice is ours to make. Will we allow life circumstances or other people to define our lives for us, or will we choose to do this for ourselves? We cannot change the events that occur in our lives, or control what other people do, but we can change our interpretations. We have the choice of what we focus on.

Life is impermanent, meaning it can end at any time. That said, impermanence is also a great and freeing concept. It means that it is never too late to change yourself, to change your life, to change anything, as long as you are willing to try.



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Stephen Wolf

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One Man's Quest for Strength,
Positivity and Faith Through
Adversity



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