



# Erika K. Wolf

AUTHOR | SPEAKER | WELLNESS ADVOCATE

---

| MEDIA KIT



"I believe that words have power and that the stories we tell ourselves leaves an imprint. Through my personal journey, I learned that a positivemindsetisthekeytoovercomingmany challenges in life. With the help of integrative medicine and holistic therapies, I was able to overcome cancer, and I am now thriving."

**E**rika K. Wolf has stared fear in the face. She also knows how to transform fear into unexpected gratitude. As a wife and mother of two children, Erika knew - after being diagnosed with an advanced form of breast cancer - that she had to do everything in her power to find a path to recovery.

In 2023, Erika released her first book: *Cancer & Other Things I'm Grateful For: How Self-Advocacy and Integrative Medicine Led To Holistic Healing*. The book is a no-holds-barred, real-time account of Erika's personal journey from diagnosis and treatment to recovery.

Erika tackles tough questions that individuals often face when they are, or a loved one is diagnosed. Through honesty and openness about how to remain positive, Erika asks questions like: "Does the natural reaction to grieve a cancer diagnosis and plead, 'why me?' counteract the very healing we seek?" and "Can fears be transformed into unexpected gratitude?"

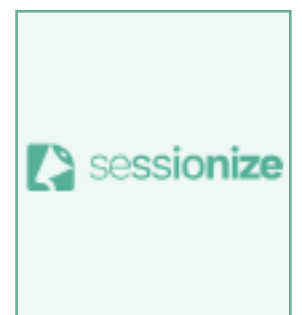
In July 2023, Erika concluded her nationwide book tour. As a featured speaker, she engaged audiences at numerous health and nursing expos, and shared insights about her book at literary events and numerous wellness retreats.



"Through my work as an author and public speaker, I hope to share my message about the power of self-advocacy and alternative therapies with anyone who may be dealing with a challenging health diagnosis."

Erika was born and raised in East Liverpool, Ohio, and graduated from Kent State University. She is an advocate for the empowerment of women and, through her speaking engagements, focuses on topics about health and wellness and the power of self-advocacy. She also speaks about changing careers and being fluid in change.

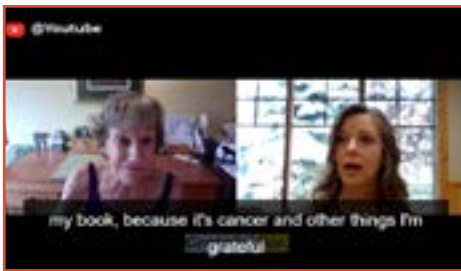
Erika lives in Colorado with her husband and two dogs where she works remotely as a digital marketing director.



**Local Author, Erika K. Wolf, To Host Book Signing Event at Darby Community Library**

May 25 @ 6:30 PM - 8:00 PM FREE

Erika K. Wolf, based in Sula, MT has recently released her first book, "Cancer & Other Things I'm Grateful For: How Self-Advocacy and



**CANCER & Other Things I'm Grateful For**  
Erika K. Wolf

**China Grove, North Carolina**

**Friday, July 21**  
Magnolia Grove Spa & Wellness Collective  
6:00 pm

Book discussion: *How gratitude affects body, mind, and spirit*  
Followed by a FREE yoga class

**Join us for Food Truck Friday!**

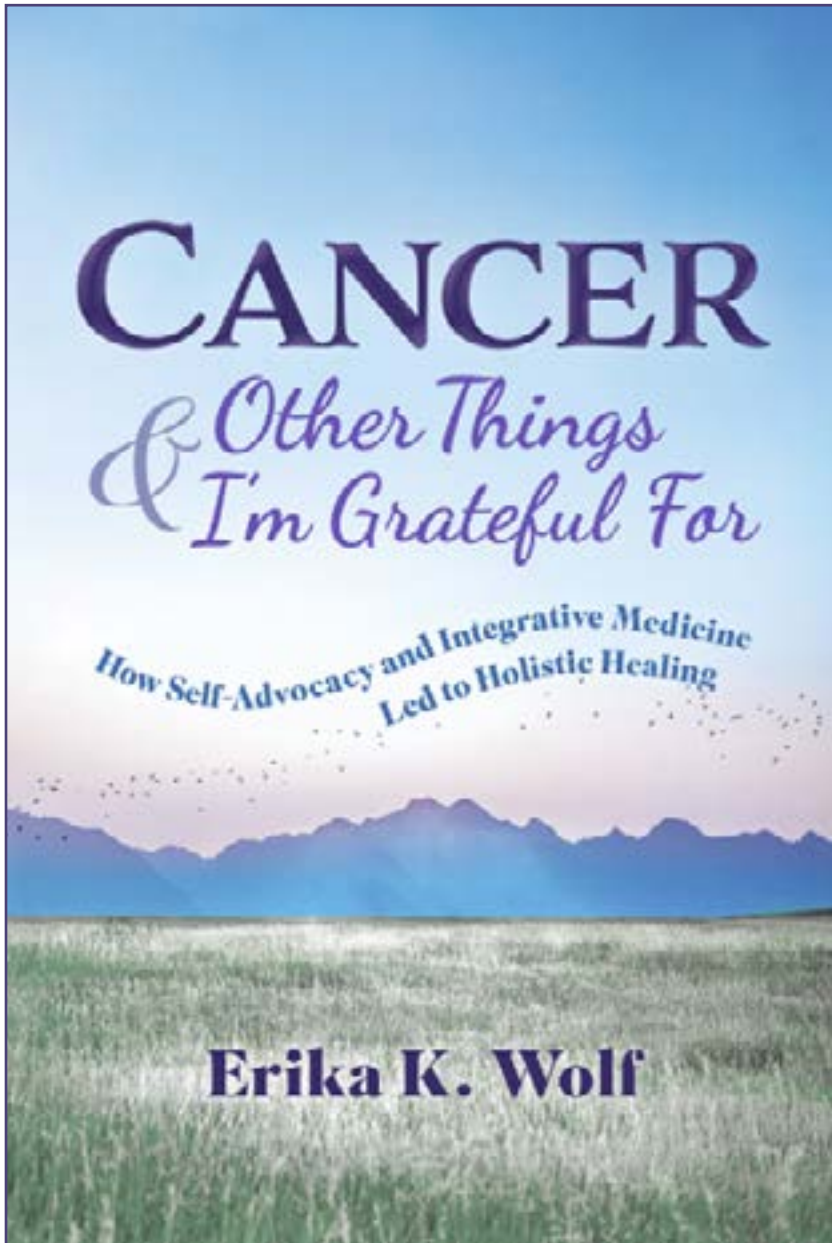
Friday, July 21 | 12:00 - 2:00 pm  
1020 Crews Road Office Park

Take a break for lunch, coffee, and a book signing!

- Good Cup Coffee •
- Yarn Green-Go •
- Book signing by local author Erika K. Wolf •



BOOK TOUR 2023



**Select Book Tour  
Dates 2023**

**April 21-23, 2023**  
**Ayurveda & Yoga Women's  
Spring Retreat**  
**Hocking Hills, OH**

**May 25, 2023**  
**Darby Community Library**  
**Darby, MT**

**May 31 - June 2, 2023**  
**Holistic Lifestyle Expo**  
**Orlando, FL**

**July 8, 2023**  
**Loganberry Books**  
**Shaker Heights, OH**

**July 10, 2023**  
**Yoga in the Park**  
**East Liverpool, OH**

**July 2023**  
**Magnolia Grove Spa  
& Wellness Collective**  
**China Grove, NC**

Erika K. Wolf's Official Book Tour Has Been Featured In:  
(Click To View)





Interested in booking Erika for your next conference, event, workshop, or webinar?

Here are a selection of topics Erika covers during her speaker panels or digital events:

Health and Wellness Topics:

Gratitude and its effect on Body, Mind, and Spirit during a Serious Illness

The Impact of Complementary Therapies on Holistic Healing Throughout Oncology Care

The Power of Self-Advocacy

Integrative Medicine and Holistic Healing

Seeking Alternative Therapies (During or After a Diagnosis)

Business, Career, and Marketing Topics:

How to Change Careers With Grace

Mind Reset: How to be Fluid During Change

Why Marketing Offers a Wide Variety of Opportunities (B2B/B2C)

Contact:

erika@erikakwolf.com

[www.erikakwolf.com](http://www.erikakwolf.com)

---



| CONTACT



[www.erikakwolf.com](http://www.erikakwolf.com)

Media Inquiries | Speaker Bookings  
Book Readings/Signings | Special Appearances

Contact:

[erika@erikakwolf.com](mailto:erika@erikakwolf.com)

[www.erikakwolf.com](http://www.erikakwolf.com)

