

# Cathy A. Kurtz

Author, Speaker, Facilitator & Mentor



Are you paralyzed by heartbreak, fear or worry? Does stress rule everything in your world? Do you find yourself in the darkest pits of depression? Does guilt and shame control your life? If you answered yes to any of these questions, then you need to . . .

## Reach Out - Open Up - Change Your Life!



### Presentation Topics

#### HOW TO DEAL WITH THE DEATH OF A LOVED ONE / HOW TO HELP SOMEONE WHO HAS LOST A LOVED ONE

Let's face it, we all at one time or another have to face the death of a loved one. Can a person really be prepared to face losing a loved one? What do you say to someone who has lost a loved one? How do you get past depression when all you feel is abandonment and loss? Most people don't realize they have the power to control their feelings, their thoughts and how they react. This presentation will assist you in embracing death in a way that isn't so traumatic. Cathy will guide the attendees on how, "They Too Can Live Through The Pain."

#### ABUSE – SEXUAL, PHYSICAL AND/OR MENTAL

We see abuse everywhere from television, to newspapers, to magazines in the grocery store. Abuse seems to be on the rise in all walks of life. Learn how to recognize abuse, how to teach your children about abuse, how to escape it, and how not to become co-dependent with the abuser. Also learn how to turn off those voices in your head that focuses on "guilt and shame" as a result of being a victim of abuse. It is time to move beyond your pain, take control of your life and triumph over your past. Cathy's message reaches out and touches the hearts of teenage girls and women who are hiding from their own pain and suffering.

#### HOW TO MOVE BEYOND STRESS

Everyone faces stress on a daily basis. However, some people seem to thrive on stress, while others seem to be totally debilitated by it. Stress can negatively impact our health, our profession, our family life and ultimately our outlook on life. Learn how to recognize stress and how to deal with it. Use stress to indicate where you are vulnerable and how you can use stress as a motivator.

#### Featured on:

KUCI 88.9 FM

KFIA 710 AM

KFBK 1530 AM

CW31 TV's Good Day Sacramento

*"At its heart, Cathy's story is about taking control of your own life when things have long spiraled away from you. After spending her whole life wondering why certain things had happened to her, Cathy discovers that the most important thing in life isn't having understanding – it's having the patience to let the truth reveal itself in its own time."*

- Red City Review

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*"Powerful!!! When you think the human spirit cannot possibly endure anymore pain, tragedy, and loneliness ...Cathy will encourage both young girls and women alike, 'That with God's faithful strength and love, we can get through and survive anything while living though the pain.'" - Chris B*

Healing  
Hart  
PUBLISHING



*"Cathy's story is a beautiful testament to the strength of the human spirit...She takes you behind closed doors and gives a brutally honest account of abuse, abandonment and personal failures. Through it all, she grows in strength, love, forgiveness and her faith in God. She is riveting and inspirational." - Janie Smith, author "HOPE Beyond Trauma ...a mother's journey"*

Follow Cathy



/CathyAKurtz

Cathy was faced with harrowing grief after losing her mother, father, brother and sister-in-law in a private plane crash when she was only sixteen years old. Then thirteen years later she lost her remaining sibling to AIDS. In addition Cathy endured sexual and mental abuse from her boyfriend who ultimately became her first husband. She felt trapped and had nowhere to turn for help.

After suffering in silence for so many years, Cathy has now made the life-changing decision to share her story via a compelling and thought-provoking memoir as well as openly sharing with her audience. She tells her story in a brutal, honest-mode, revealing her bold tenacity and unshaken commitment to her faith. By sharing her raw and heartfelt story with the world, she inspires women to open up about their own pain and start their journey toward healing.

