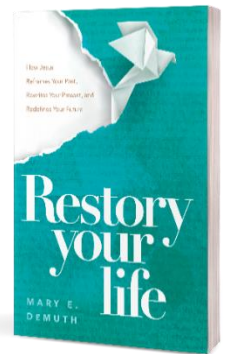


## Bestselling Author and Acclaimed Podcast Host Mary E. DeMuth Empowers Readers to Turn the Page on the Past with New Book

**COLORADO SPRINGS, CO.**—Mary E. DeMuth—bestselling author, international speaker, and host of the *Pray Every Day* podcast (with over five million downloads)—returns with her most powerful book yet, *Restory Your Life: How Jesus Reframes Your Past, Rewrites Your Present, and Redefines Your Future* (NavPress, March 2026). In this deeply personal and theologically grounded work, DeMuth draws from her own experience as a survivor of childhood trauma to explore the intersection of faith, trauma recovery, and personal transformation. Offering a path toward healing through a biblical lens, she invites readers to believe that no story is too broken for redemption.



“I cannot recount how many times I cried out to God, trying to make sense of my story,” writes DeMuth. “Sometimes he was silent. But even in that holy quiet he was working.”

For anyone who feels stuck in a cycle of pain, regret, or uncertainty, *Restory Your Life* offers a message of hope: The parts of your story you’d rather forget may be the very places God wants to redeem. Whether you’re carrying the weight of a painful past or simply longing for greater purpose, Mary E. DeMuth invites you to discover that God is still at work—and he’s not finished with your story yet.

### DeMuth Inspires Readers Toward Redemption, Peace, and Renewal

- **Discover God in the Chapters You’d Rather Skip**—Learn to identify key turning points in your personal story and begin to see God’s presence even in the painful or confusing moments.
- **Healing the Deep Wounds: Breaking Free from Your Past**—Break free from toxic patterns and unresolved wounds to uncover surprising healing where you once felt stuck.
- **From Striving to Resting: Reclaiming Your God-Given Identity**—Learn how understanding who you are in Christ frees you from the exhausting need to prove your worth.
- **When Pain Becomes Purpose: How Your Story Can Help Others Heal**—The struggles of your difficult seasons can become sources of hope and encouragement for others walking through tough times.
- **Living a Restored Life: Moving Forward with Peace and Resilience**—Take an uplifting look at what it means to embrace a new narrative rooted in joy, resilience, and the unshakable peace that comes from Jesus

## About the Author

**Mary E. DeMuth** is an international speaker, literary agent, and the author of over 50 books, including *We Too* and *The Most Misunderstood Women of the Bible*. A survivor of childhood trauma, Mary has dedicated her life to helping others find healing and purpose through Jesus. As the host of the *Pray Every Day* podcast, she offers daily encouragement to listeners around the world. Mary's writing has been featured in *Christianity Today*, *The New York Times*, *The Washington Post*, *The Dallas Morning News*, and more. She has spoken globally in countries like South Africa, Monaco, Switzerland, Germany, and Italy, equipping believers to embrace their God-given stories. As the founder of Mary DeMuth Literary, she mentors aspiring writers toward traditional publishing success. Mary and her husband, Patrick, have been married for over three decades and make their home in Rockwall, Texas. They have three adult children, a lively chocolate Lab, and a fuzzy black cat named Boo Radley.



### Key Links

Website: [marydemuth.com](http://marydemuth.com)

Instagram: 22.1k [@marydemuth](https://www.instagram.com/marydemuth)

Facebook: 15k [@AuthorMaryDeMuth](https://www.facebook.com/AuthorMaryDeMuth)

Substack: [Mary DeMuth](https://www.substack.com/p/mary-demuth)

Podcast: over five million downloads [Pray Every Day](https://www.podcastaddict.com/podcast/1488888)

New Book, *Restory Your Life*: [mediacenter.tyndale.com](http://mediacenter.tyndale.com)

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## Suggested Interview Questions

1. Can you share a moment in your life when you felt your story was too messy for redemption? What happened next?
2. How did your own experience of trauma and brokenness shape your understanding of God's presence in our pain?
3. You mention turning points in our stories. How can someone recognize these divine turning points in their own life?
4. How have you seen Jesus transform someone's past into purpose through the storytelling framework?
5. What role does understanding our God-given identity play in breaking free from past patterns?
6. Why do you think so many people feel stuck in their stories—and what is the first step to getting unstuck?
7. What would you say to someone who believes their story is too painful or shameful to ever bring hope to others?
8. What are some daily practices or habits you recommend for those beginning the restorying process?
9. What would you say to the person listening who feels exhausted, purposeless, or forgotten by God?
10. How can communities—churches, small groups, families—create safe spaces for people to tell and heal from their stories?

***Restory Your Life* by Mary E. DeMuth**  
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