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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
August 29th 2018: Notice of Release

What does it mean to forgive the person who has injured you in your life more than any other? There was no thought of forgiveness when Stephanie Cassatly's mother was murdered before Stephanie had even fully launched into adulthood. It was many years before she considered that it was possible and more years before she realized that she was imprisoned along with the person who killed her mother. Taking the road to forgiveness was long and difficult but, at a certain point, compelling and necessary. Join us to find out where that road took Stephanie and how her life has changed since.

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Featured Guest



Stephanie Cassatly

When Stephanie Cassatly was 18, her mother was shot and killed in a store robbery in New Orleans. Twenty years later, she found her mother's killer and forgave him while he served a life sentence in the notorious Angola State Penitentiary.

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