



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 13th 2020: When You Realize How Perfect Everything Is

Bernie Siegel MD, NY Times bestselling author of Love, Medicine and Miracles continues his profound contribution of wisdom and insights to our world with his new book When You Realize How Perfect Everything Is co-authored with his grandson Charlie Siegel. Based on the anonymous quote "When you realize how perfect everything is, you will tilt your head back and laugh at the sky." Bernie and Charlie Siegel share through their poetic short writings their belief that the imperfections of life are truly what is perfect about it. Bernie and Charlie remind us that we are all knocked down somet

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Featured Guests

Guest Image

Bernie Siegel

Dr. Bernie Siegel was born in Brooklyn, NY. He attended Colgate University and Cornell University Medical College. His surgical training took place at Yale New Haven Hospital, West Haven Veteran's Hospital and the Children's Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. In 1978 he originated Exceptional Cancer Patients, a specific form of individual and group therapy utilizing patients' drawings, dreams, images and feelings. ECaP is based on "carefrontation," a safe, loving therapeutic confrontation, which facilitates personal lifestyle changes, persona

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Charlie Siegel

Charlie Siegel is an author of inspirational fiction with a spiritual touch. He is also the co-author of a book of poetry, When You Realize How Perfect Everything Is, with his grandfather Bernie Siegel. Designed to uplift and heal, his works tug on the heartstrings and call to us all to rise above the heaviness and the doldrums and find those things that call to us in life, that inspire us and help us to live as our true selves. His first book "Conversations with an Angel: A story of healing through the passageways of grief" was released in. He is also a professional nature, wildlife and landscape photographer, and has featured a few images of his work of the northern lights over Iceland on

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