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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
December 2nd 2020: The Language of Loss

People who have not experienced deep loss may believe that griever's like to be cheered up, distracted, told about happy things. But often, deep expressions from other mourners does more. In our shared humanity we walk together, acknowledging the pain and also the moments of beauty and poetry that come with loss. After her husband died, Barbara Abercrombie, an accomplished writer herself, found comfort in the words of expressions of those who had already been there. Her collection of these writings, *The Language of Loss*, allows readers to dive into the experience of their loss and find company

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Featured Guest



Barbara Abercrombie

Barbara Abercrombie has published over fifteen books, including *The Language of Loss*. Two of her books were listed on *Poets & Writers Magazine's* "Best Writing Books of the Year" list. Her personal essays have appeared in many national publications and anthologies. She has received the Outstanding Instructor and Distinguished Instructor Awards from UCLA Extension, where she teaches creative writing. She lives in Pasadena, CA with her rescue dogs Nelson and Nina. Find out more about her work at www.barbaraabercrombie.com.

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