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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
January 20th 2021: Grief Girl's Guide

Grief- what's in it for us? Katherine Ingram had to answer this question for herself when her husband died suddenly. Along with the deep pain of that loss, unresolved feelings about the death of her father when she was eight opened up as well. Her realization that she would have to go through every bad and ugly feeling she was having, avoiding nothing, led to the writing of a memoir, *Washing the Bones*, and a career working with grief. She comes back to Good Grief to talk about her new book, *Grief Girl's Guide*, and what she has learned over the years about how to navigate the reality of loss and

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Featured Guest



Katherine Ingram, MA

Katherine Ingram is a life transitions coach, counselor, speaker, and writer who is passionate about helping people discover joy and meaning through the tough stuff of life. Her father's death when she was eight and the loss of her husband in a plane crash were the catalysts that inspired her exploration of depth psychology and spiritual wisdom traditions, Taoism in particular. Kate received degrees from Northwestern University, the University of San Francisco, and did doctoral work at Pacifica Graduate Institute. She is the award-winning author of *Washing the Bones: A Memoir of Love, Loss, and Transformation*, as well as *The Grab & Go Grief Kit: A Practical Workbook to Help You Understand*,

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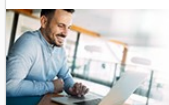
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