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HEALTH & WELLNESS



# good grief

WITH CHERYL ESPINOSA-JONES



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**April 7th 2021: I Am With You**

Of all the words that can touch our lives, "you have cancer" are some of the most frightening. For Nancy Novack, her diagnosis also made clear how little she knew about this new world and what she would need to face the next steps. Following her successful treatment for Stage IV ovarian cancer, she committed to offer resources to others facing a cancer diagnosis; to offer hope, information and resources to people in the same situation she had faced. As a thank you to the universe, Nancy's List, the organization she created, and I Am With You, the book she compiled, give people newly diagnosed

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## Featured Guest



### Nancy Novack

I was diagnosed with stage 4 ovarian cancer in 2004. I thought I had appendicitis. I was too happily innocent about the cancer world and I said two now-remarkable things: "Thank goodness it is not appendicitis," and "What is stage V?" I created Nancy's List in 2006 as my love letter to the universe for my survival. I vowed to make a difference for people living with cancer, for those who love and care for them. We serve their physical, mental, emotional, and spiritual needs. My wish is that no one will ever go through cancer alone. My mission is to create space for survivors and healing professionals to share resources that compliment cancer treatments, mitigate stress, and deepen the hea

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