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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 19th 2021: I Wonder

Arriving for a weekend trip, Lisa Goich was unprepared to hear that her beloved mother had just 2 weeks to live. Suspending her everyday life, Lisa devoted herself to her mother's care, fulfilling a deep commitment to honor their relationship. In the process Lisa's relationship to death itself changed. Resulting in two books; 14 Days: A Mother, A Daughter, a Two-Week Goodbye and I Wonder: A Guided Grief Journal, Lisa applied the lessons of a lifetime she learned in that short time watching her mother face her own death, at peace and able to allow her family to take care of her.

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Featured Guest



Lisa Goich

Lisa Goich is an award-winning author and co-host of the popular Tuesday People podcast with New York Times bestselling author, Mitch Albom. Her memoir, 14 Days, was a National Indie Excellence Award winner and a Foreword Reviews Indiefab finalist.

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