

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
October 26th 2016: Catherine's Gift

How can grief be a road to freedom? When Kaye Cleave's 18 year old daughter died, she felt imprisoned by her loss, unable to even connect to any reason to live. Desperate, willing to try anything to find a way through the agony, she began to practice mindfulness meditation and ultimately, found her way through each and every feeling and thought. So when she met a Nepalese man trying to support a school in a remote part of Nepal, and learned he had lost both parents at just 16, she found a calling. She applied all her considerable skill to the work, honoring her daughter, a lover of education,

[Read more](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

Wednesday at 2 PM Pacific
Time on VoiceAmerica Health
and Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5792
Intl: 001-480-553-5759

Featured Guest



Kaye Cleave

Kaye Lesley Cleave began her career as a teacher in Australia before heading off to travel the world. She earned an MFA in writing from the University of San Francisco and a PhD in creative writing from the University of Adelaide.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)