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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**August 2nd 2017: Caravan of No Despair**

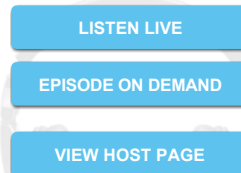
Mirabai Starr was decades into a deep spiritual practice. Then on the day her first book, a translation of *Dark Night of the Soul* by St. John of the Cross, came out, her daughter was killed in a car crash. All she knew went out the window in this loss beyond all losses. Over time, what seemed to be lost after her daughter's death led to a transformation and deepening of her spiritual life. In her newest book, *Caravan of No Despair: A Memoir of Loss and Transformation*, she shares the path she took to find meaning for her life after such a terrible loss. Join us to hear how she found her way and

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#### Featured Guest



#### Mirabai Starr

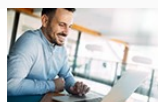
Mirabai Starr writes creative non-fiction and contemporary translations of sacred literature. She taught Philosophy and World Religions at the University of New Mexico-Taos for 20 years and now teaches and speaks internationally on contemplative practice and interspiritual dialog.

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