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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
February 6th 2019: Until We Meet Again

When Melissa Lyons embarked on a radical sabbatical she expected a few months to reset and a return to her successful high-powered life. As the time extended, she felt lost, unsure what might happen next, she learned to let time unfold at its own pace. Then one day, at a cafe in Thailand, she realized that a book about loss had spilled out on pages of her journal, setting a new direction for the rest of her life. Join us to talk about how Melissa learned to surrender to each moment and let life tell her where to go next. We'll talk about the life she has lived since devoting it to supporting p

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Featured Guest



Melissa Lyons

Melissa Lyons is an award-winning author, speaker and a seasoned entrepreneur. She is passionate about helping people connect with and embrace fresh perspectives when faced with loss or tragedy.

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