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Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
September 11th 2019: Love You Like the Sky

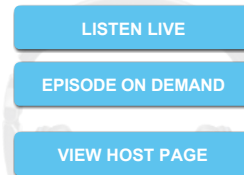
Sarah Neustadter was part way through her training to be a psychologist when the love of her life suddenly died of suicide. In the early days after he died, she wrote emails to his account, which remained open even after his death. Though she believed he likely knew every painful feeling and thought racing through her, she found comfort in describing the experience and remembering her love for him. Over time, the writing helped her to walk forward and led to a time when she thought of him less and enjoyed her life more. But ten years after the greatest loss of her life, her writings called her

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Featured Guest



Sarah Neustadter

Dr. Sarah Neustadter is a clinical and transpersonal psychologist, writer, and podcaster based in Venice Beach, Los Angeles. She specializes in spiritual development, suicide survivor grief, unblocking creativity, and millennial issues. Her passion lies in guiding and designing unique experiences for others to heal, self-actualize, and embody their greatest life. Her first book is Love You Like the Sky: Surviving the Suicide of a Beloved and her website is www.sarahneustadter.com.

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