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Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
January 08th 2020: Death in a Different Light

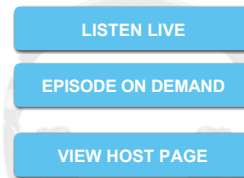
What if painful grieving was not inevitable? What if the person you loved most in the world died, and you did not descend into the pain everyone expected? For Jen Mathews, grief came not as a sadness but as a revelation. When her beloved died, she felt more connected to life, more passionate about her spiritual values and more alive. In this hour, we'll talk about how this could be, and the work Jen does to favor such a result in others. What do laughter, spiritual practice and mindfulness do to contribute to a positive outlook on loss? And how does such an outlook contribute to a life of pu

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Featured Guest



Jennifer Mathews

Jennifer Mathews, MA, is a spiritual cheerleader, writer, and facilitator of conversations relating to death, grief, joy, and emotional wellbeing. After her beloved died in 2011, Jen became passionate about sharing life-affirming perspectives on loss through her writing, workshops, and presentations.

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