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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
September 16th 2020: Risking the Rapids

On a family adventure while white water rafting, Irene O'Garden had to depend on her siblings to navigate the river. For her, the trip connected to a life long effort to heal and to come to terms with her childhood. And although she was focused purely on survival during the trip, she found that afterwards, something had changed for her. She had added a new chapter to her lifelong journey. From the clearing of old hurts and losses came a deepened joy and appreciation for life, culminating in her later book, Glad to Be Human. How does facing our challenges lead to a greater joy in living? Join u

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Featured Guest



Irene O'Garden

Irene O'Garden has won or been nominated for prizes in nearly every writing category from stage to e-screen, hardcovers, as well as literary magazines and anthologies. Her critically acclaimed play, Women On Fire, (Samuel French) played sold-out houses at Off-Broadway's Cherry Lane Theatre and was nominated for a Lucille Lortel Award. O'Garden won a Pushcart Prize for her lyric essay "Glad To Be Human," which is included in her new book of her essays by that name just published by Mango (May 2020.) Harper published her first memoir Fat Girl; her second, Risking the Rapids: How My Wilderness Journey Healed My Childhood was published by Mango last January. Fulcrum, published in 2017 by Nirala,

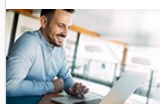
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