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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
Wednesday at 2 PM Pacific  
April 21st 2021: **Cycle of Lives**

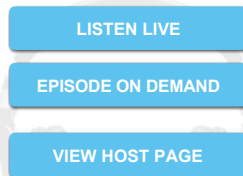
How often have you heard someone who has been through loss say they are living their lives to honor the person they lost? This impulse to give back after loss is powerful and pure. But the shape it takes varies, showing itself in unique and moving ways. For David Richman, the death of his sister from cancer led to a 5,000 mile bicycle trip to raise money and also to explore existential questions of life and death her illness had awoken in him. The result is a book about the people along the way who shared their thoughts and feelings with him, deepening his understanding of living and dying. Hi

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### Featured Guest



#### David Richman

David is an author, public speaker, philanthropist, and endurance athlete whose mission is to form more meaningful human connections through storytelling. His first book, *Winning in the Middle of the Pack*, discussed how to get more out of ourselves than ever imagined. With *Cycle of Lives*, David shares the interconnected stories of people overcoming trauma and delves deeply into their emotional journeys with cancer.

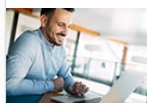
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