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HEALTH & WELLNESS



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February 1st 2012: From Heartbreak to Happiness

Going From Heartbreak to Happiness® is a process, like baking a cake. It's the same process whether the heartbreak is caused by death, divorce, or another heartbreaking loss. There's a recipe to getting through your grief and this week's guest is going to share with you her tips to a healthy recovery.

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Featured Guest



Aurora Winter

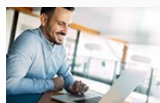
Formerly a film and TV executive producer, Aurora Winter is the Founder of the Grief Coach Academy and the author of "From Heartbreak to Happiness" an intimate diary of healing after her 33-year-old husband died suddenly, leaving her widowed with a 4-year-old son, and "Encouraging Words." Aurora is a popular guest on radio and TV, and has appeared on ABC-TV, KTLA, NBC, Fox, Oprah Radio, and more. She is a sought-after coach trainer, speaker, and author.

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