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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
Wednesday at 2 PM Pacific  
**January 29th 2014: A Place of Rest in the Middle of Things**

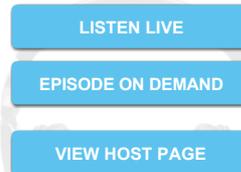
Frank Ostaseski, a widely respected authority on compassionate end of life care, urges us to turn toward suffering. What does he mean by that and how can we overcome our fear to find our way there? Join me for this hour of exploration about how allowing our own grief to affect us builds our compassion and our capacity to listen and learn. Discover with me what Frank means when he says that the three skills we need when we accompany others preparing for death are mastery, meaning and mystery. Frank believes that compassion is best expressed as an intimacy with the suffering of others. Th

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#### Featured Guest



#### Frank Ostaseski

Frank Ostaseski is a pioneer in contemplative end of life care. He cofounded the first Buddhist hospice in America, Zen Hospice Project, and created the Metta Institute, providing education on mindful and compassionate end of life care.

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