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HEALTH & WELLNESS



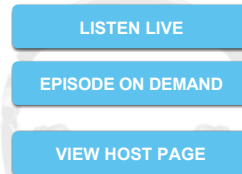
Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
June 11th 2014: Look for the Good

What helps us to find our way back to optimism and gratitude after a terrible experience? For Anne Kubitsky, it was inviting strangers to share what they were grateful for. First, she sent out some postcards addressed to herself with "What are you grateful for?" printed on the back. Evolving into a project which installs art projects encouraging gratitude, she'll share with us what finding gratitude has created in her life.



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Featured Guest



Anne Kubitsky

Anne Kubitsky is a biologist-turned-artist and community leader of The Look for the Good Project, a worldwide gratitude initiative.

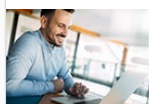
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