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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
September 10th 2014: From Ashes to the Moon

When a life has been filled with abuse, loss and disappointment, it's often hard to come through it with hope and optimism! Lina Jones found her way by exploring the depth of her own spiritual connection and, over time, gaining to wisdom to help others and to write a book about her healing. When Lina left France to come to the United States, it was just one more step in her quest for a fulfilling and wondrous life. Join us as she shares the journey she's taken and the results which have come, including a memoir due to be published in Summer, 2015, From Ashes to the Moon.

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Featured Guest



Lyna Tevenaz Jones

LYNA TEVENAZ JONES is a writer, motivational speaker, and spiritual mentor. She lives with her two daughters in Westchester, NY. Originally from Normandy, France, Lyna moved to the U.S in 2001 to begin a new life and pursue her dreams.

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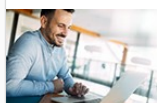
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