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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**November 26th 2014: From Grief to Greatness**

Caught off guard by the depth of his grief after the loss of his mother, Tom Sweetman searched for words of hope and encouragement, finding along with those two things encouragement to become his best self. Realizing he wanted others to have access to the people who encouraged him, part of his calling now includes getting the word out that grief can lead to beauty. Hear what inspired him and became the book From Grief to Greatness!

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**Featured Guest**



**Tom Sweetman**

Author Tom Sweetman wrote "From Grief to Greatness: A Collection of True Stories and Lessons on Living Life after Loss" following the passing of his mother in 2012 due to cancer. He realized that the average person is not prepared for the array of emotions that accompany loss, and he wrote his book as a way to help others struggling with similar situations. Through stories of how others have gone from grief to greatness, the work offers hope and relatability to those experiencing grief and looking for inspiration to help them through this tough time. It offers a chance to turn pain into potential for those who know they have more to give to the world. Sweetman wants to offer relief to t

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