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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
March 11th 2015: **The Next Happy**

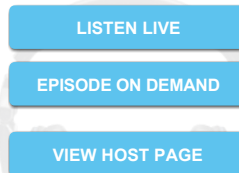
Sometimes it's time to let go of a dream. How do you know when to keep trying and when to grieve and create new dreams? And how do you let go of that dream that has compelled you for such a long time? What helps you to find what awaits you beyond the life you thought you were destined for. Tracey Cleantis learned how to let go of old dreams, grieve them, and move towards new dreams through her own experience. Now she is a voice for change when what you've been seeking does not come to you. Her practical and honest voice brings humor and acceptance of just how hard it is to let go! Sometimes yo

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Featured Guest



Tracey Cleantis

Tracey Cleantis holds a master's degree in marriage and family counseling and has built a national reputation as an expert on healing losses through her popular blog, La Belette Rouge, Freudian Sips on PsychologyToday.com

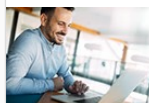
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