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Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
April 22nd 2015: Soul Care

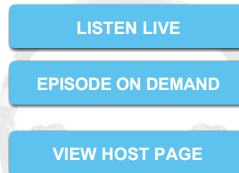
How can taking care of a sick loved one teach us about taking care of ourselves? The stakes are high, and we can't afford to push ourselves beyond our own edges. If we do, we may not be able to help the person we love at all! Susanne West knows this territory, from years of caregiving and years of working with caregivers trying to find their balance in impossible circumstance. What helps to keep us balanced? How do we say "no" at the risk of our loved ones not having the help they need? How do we leave them in charge of their own lives and needs? How do we allow ourselves to accept help and no

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Featured Guest



Susanne West

Susanne West is a Professor of Psychology and teaches in the B.A. Psychology and Consciousness and Transformative Studies programs at JFK University. She is also a life coach and the founder of Insight to Action Coaching. Susanne is the author of Soul Care for Caregivers: How to Help Yourself While Helping Others.
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