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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**July 8th 2015: Too Close to Me**

A childhood filled with trauma and abuse impacts a person for a lifetime. But making sense of those experiences, moving towards wholeness, allows the adult survivor to create a meaningful, satisfying and relational adulthood. But how does this come about? Dave Pelzer, whose first book, *A Child Called It*, eloquently exposed his story of unimaginable physical and emotional abuse, has now written *Too Close to Me*. This latest book deeply explores how those early experiences affect his marriage, his parenting, his work; indeed, every aspect of his adult life. Talking honestly about his current life

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#### Featured Guest



#### Dave Pelzer

Dave Pelzer represents overcoming adversity and has dedicated his life helping others to help themselves. He is a former Air Force Combat Air Crew Member and while on active duty was selected as California Volunteer of the Year.

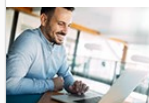
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