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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**December 02nd 2015: Climbing Out From Under**

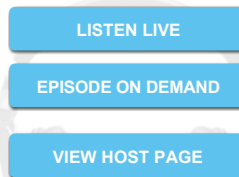
It is only experience that seems to teach us how to heal from heartbreak. Caron Post and Deborah Pardes' experiences led to their deep commitment to help others through their heartbreaks. It also led to the creation of their book, *Climbing Out From Under*. They kept it short and focused on helping their readers address overwhelm, build their capacity for facing hard feelings, and make peace with loss. Although most of us only begin to consider how to accept our feelings after a profound loss, their simple lessons can also be applied to the smaller, everyday losses we all experience. Knowing how

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**Featured Guests**



**Caron Post**

Caron Post received her doctorate in clinical psychology from New York University. She is a clinical psychologist who works with adolescents and adults who are struggling with depression anxiety, trauma and loss as well as parent child relationships and perinatal mental health. She is the founding Executive Director of Maternal Mental Health Now and maintains a private practice and lectures in Los Angeles, California.

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**Deborah Pardes**

Deborah Pardes studied Creative Writing at The Johns Hopkins University, and received her BA from Barnard College at Columbia University. She is the founding director of Artists for Literacy, an organization that uses the power of art to make books accessible to low-level readers. Deborah is also a founding producer for LitRemix, a new online learning platform that encourages the exploration and creation of art inspired by literature. Additionally, Deborah is a critically acclaimed producer and songwriter with 8 CD's to her name.

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