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Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
December 30th 2015: Hope is a Good Breakfast

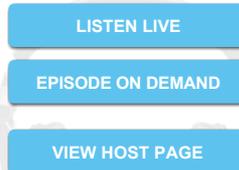
Tara Shuman had the kind of life you could wish for; rewarding work, a husband and two little kids. She had started a few books, a children's book, a novel, but hadn't ever finished. The cancer came, unwelcome of course, into her life. And she found herself writing to pull herself through it. She shared what she was writing and found it had meaning to other people, that she could help people to understand their own experiences and those of their loved ones. What was at first just a means of self-expression became a blog, which became a book, which became a mission. Changed by all she went thro

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Featured Guest



Tara Shuman

Tara Shuman is a public high school English and history teacher. In August 2012, Tara was diagnosed with an aggressive form of breast cancer. She was 32 years old, with no family history. She immediately began to write about her journey as a way to cope and update friends and family. Thousands of people all across the world soon began to follow Tara's blog (www.tarabeatscancer.com). Tara is a member of the Patient Family Advisory Council at the Dana-Farber Cancer Institute and helps to raise funds for cancer research and patient care year-round. She is the proud founder of the non-profit organization, Writing Saves Lives, and a true believer in the heali

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