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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**January 13th 2016: Conversations That Heal**

Some losses are losses of things we never had; a safe childhood where we were protected and treasured. Attention to our needs and protection from what hurts. For a person abused as a child, the grief is for what never was and for the impact of that on our lives as adults. But there is the inspiration that comes when we love ourselves through these most terrible losses and find that life can be beautiful, enriching and fulfilled. Susan Jacobi has made it her life's work to encourage people who suffered abuse and trauma as children to find their best lives and move forward into them.

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**Featured Guest**



**Susan Jacobi**

Susan Jacobi, host of the groundbreaking podcast, Conversations That Heal, author of How to love yourself: The Hope after child abuse and speaker, is committed to speaking about the impact of childhood trauma on the adult survivors. Susan has healed from her own personal journey of severe childhood abuse and has turned her hardships around to create a positive path for her life. Practicing healthy ways to think, feel and act is where the hope lives to a life we dream of. Susan can be reached at [susan.jacobi dot com](mailto:susan.jacobi@cth.com) or email [susan](mailto:susan@cth.com) at [susan.jacobi dot com](mailto:susan.jacobi dot com).

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