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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@susanjacobi.com) or email [susan](mailto:susan@susanjacobi.com) at [susanjacobi dot com](mailto:susan@susanjacobi.com).

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