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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**May 18th 2016:OK To Laugh**

Keeping a sense of humor at the worst of times seems impossible until you're actually living through the worst of times. No one knows that better than Nora McInerney Purmort, whose husband died of brain cancer when she was 32, with a two year old, within a short time of her fathers death and a miscarriage. In those circumstances, humor becomes a balm, a way to keep your perspective, a healing salve. And then, when that humorous outlook on bad times becomes a book, we are all invited to look at our own lives with just a little more persepctive!

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**Featured Guest**



**Nora McInerney Purmort**

Nora McInerney Purmort is a Contributing Editor for Elle.com, and a frequent contributor to Cosmo.com, the Huffington Post, and the Star-Tribune. She has been featured on NPR, Slate, TIME, Entertainment Tonight, Refinery29, and more. Nora is the founder of Still Kickin and lives in Minneapolis, Minnesota, with her son, Ralph. They really like it there.

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