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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
Wednesday at 2 PM Pacific  
July 6th 2016: Whole Heart

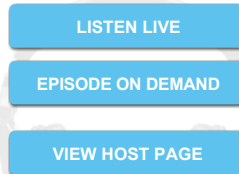
Grief is a heroes' journey, sending us into our own wilderness and requiring that we step out into the unknown. What guides us on this fearsome path? And what might we find at the end? When Therèse Tappouni's 11 year old son died, she was catapulted into just such a journey. And as she travelled, she found her own way and also the calling of her life; to help others navigate the territory of grief. How could she encourage other's to trust their own grief so that, while grief will be with them always, it could also contain a light in the darkness? Join us to hear how she found her own way and w

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#### Featured Guest



#### Therèse Tappouni

Therèse Tappouni is the author of six published books—four of which have received major awards—and creator of two meditation/visualization CDs with her voice over the Prague Symphony Orchestra. Her latest book is *The Gifts of Grief: Finding Light in the Darkness of Loss*. She recently collaborated with Grammy®-nominated composer Michael Hoppé on his CD "Tapestry". She is the founder of Whole Heart, which she dedicates to helping people live a balanced, loving and creative life.

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