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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**November 02nd 2016:Encore: Leaning into Love**

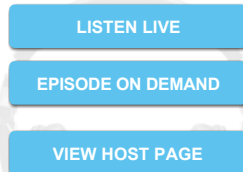
When a lifelong practitioner of Buddhism, philosophy and healing loses her husband, how does she grieve? Elaine Mansfield observed her own experience, capturing her grief in a beautiful book and ultimately answering the call to support others through their losses as her life's calling. Unafraid to explore each aspect of her experience, the things she noticed about her grief became a book, *Leaning into Love*, in which she shares her own deep sorrow for the good of others. By the time she faced this most profound death, she knew well how to allow her experience, how to invite it. But this loss pu

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### Featured Guest



#### Elaine Mansfield

Elaine Mansfield's book *Leaning into Love: A Spiritual Journey through Grief* was published by Larson Publications in October 2014. Elaine writes from a spiritual perspective that reflects over forty years as a student of philosophy, meditation, Jungian psychology, mythology, and meditation. Elaine gave a TEDx talk called "Good Grief! What I Learned from Loss" on November 8, 2014 with TEDx ChemungRiver at Corning Museum of Glass in Corning, NY. After a career as a health counselor and writer, Elaine's work has focused on bereavement and loss since her husband's death in 2008. Elaine facilitates bereavement support groups at Hospicare and Palliative Care Services in Ithaca, NY and writes

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