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**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**June 28th 2017:What Abi Taught**

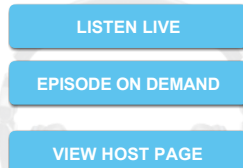
Lucy Hone was already an expert on resilience when she faced the worst nightmare of her life; her daughter, best friend, and best friend's daughter were killed together in an auto accident. How did she use what she knew about resilience to face her grief? What does the field of resilience have to offer grievers? And how do we decide, in each moment, which of our many human tools to activate to carry us to the next day? For Lucy, the constant question was, "will this help me or hurt me?" By paying attention to the answer and giving herself what she needed to stay connected to living, she was ab

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### Featured Guest



#### Lucy Hone

Dr. Lucy Hone is a research academic at AUT University's Human Potential Centre in Auckland, New Zealand, where her family built a charmed life until one holiday weekend in 2014 their 12 year old daughter, Abi, was killed in a tragic accident alongside Lucy's friend Sally and Sally's daughter Ella. As a professional researcher working in the field of resilience Lucy was better equipped than most to cope with her sudden loss. In the months following the girls' deaths Lucy wrote to help her order her thoughts and explore her feelings of loss. Her book, Resilient Grieving, quickly became a bestseller and is now available in the US. Lucy trained at the Masters of Applied Positive Psychology pr

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