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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
December 12th 2018: Chronicles of a Catholic Housewife

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Wednesday at 2 PM Pacific
Time on VoiceAmerica Health
and Wellness Channel

In a life filled with learning, searching for meaning and intimately experiencing different parts of the world, Carmen Hartono came to a greater understanding of her spiritual home. How do her beliefs and practices help her, sometimes at the worst of times? When her beloved son died, she had to use all that she knew and learn even more about her beliefs to carry her through. In her book, *Chronicles of a Catholic Housewife: Forty Years Toward the Promised Land*, she shares this journey toward well-being and meaning. Join us to explore what she learned along the way.

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Featured Guest



Carmen Hartono

Traveling between El Salvador in Central America and San Francisco in California, first-time author Carmen Hartono grew up bilingual and bicultural. She has lived in the San Francisco Bay Area most of her adult life.

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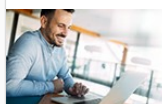
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