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HEALTH & WELLNESS



### Talk Time with Trish

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**February 22nd 2013: Choosing to Heal and Grow Through Loss**

Loss is part of living. The death of a loved one (pets included), the unexpected change in health, professional or personal relationship...will change life as it previously existed. After a loss, it is essential to rebalance and renew life. One does not simply "get over it". During this episode, John Reininger will talk about how to heal and grow by integrating the loss into a personal life story.

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### Featured Guest



#### John Reininger

John Reininger Traumatic events such as 9/11, Hurricane Andrew, School shootings, Plane crashes, Robberies and Explosions all left survivors. John Reininger, a nationally certified Grief Therapist, has counseled hundreds of them. Due to John's scope of work, he has been interviewed by The New York Times Wall Street Journal and Cosmopolitan Magazine. John has been in private practice for over thirty years in South Florida. As a licensed psychotherapist he specializes in Grief; Critical Incident Debriefing; Communication; Anxiety; Stress; Depression; Sexual Abuse; Self Esteem and Christian Counseling. John's Bachelor of Science Degree was earned at the University of Cincinnati. Af

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