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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 18th 2016: OK To Laugh

Keeping a sense of humor at the worst of times seems impossible until you're actually living through the worst of times. No one knows that better than Nora McInerny Purmort, whose husband died of brain cancer when she was 32, with a two year old, within a short time of her fathers death and a miscarriage. In those circumstances, humor becomes a balm, a way to keep your perspective, a healing salve. And then, when that humorous outlook on bad times becomes a book, we are all invited to look at our own lives with just a little more perspective!



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Featured Guest



Nora McInerny Purmort

Nora McInerny Purmort is a Contributing Editor for Elle.com, and a frequent contributor to Cosmo.com, the Huffington Post, and the Star-Tribune. She has been featured on NPR, Slate, TIME, Entertainment Tonight, Refinery29, and more. Nora is the founder of Still Kickin and lives in Minneapolis, Minnesota, with her son, Ralph. They really like it there.

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