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HEALTH & WELLNESS



# good grief

WITH CHERYL ESPINOSA-JONES



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**September 28th 2016: Passed and Present**

After a loss, it can come as a surprise that we still feel love for and feel connected to the person who is no longer in this world. How do we continue to find ways to carry out that relationship in our everyday life? Author Allison Gilbert, out of her own losses, began to find ways to creatively and joyfully connect with her loved ones, making quilts of neckties and plates printed with her grandmother's recipe for cake. In countless ways, she took the actions that resulted in an ongoing joy in the love she still felt. Many a griever has been led to believe that death ends things, yet few gri

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## Featured Guest



### Allison Gilbert

Allison Gilbert is the author of the bestselling book *Passed and Present* (available at Amazon), the first how-to guide ever written for discovering creative and meaningful ways to keep the memory of loved ones alive.

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