

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



# good grief

WITH CHERYL ESPINOSA-JONES



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**December 28th 2016: Losing Aaron**

Watching someone you love struggle with a mental illness is wrenching and frightening. Ingrid Blaufarb Hughes knows that all too well! Her son, Aaron, struggled with schizophrenia until it finally led to his death. She stood by helpless in the face of a world she did not live in, loving him but being unable to make a difference. Her experience with her brilliant son compels her to tell the stories of other families facing similar experiences. As a writer, she also needed to tell their story, eloquently capturing her family's truth in her book, *Losing Aaron*.

[DOWNLOAD PDF](#)

[GET CODE](#)

## Tune in

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

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-866-472-5792**  
**Intl: 001-480-553-5759**

## Featured Guest



### Ingrid Blaufarb Hughes

Ingrid Blaufarb Hughes was born in London in 1945 and grew up in New York, Athens, Saigon, Singapore, Colorado and Washington D.C. She settled in New York with Arthur Hughes, raised their children there, and taught English to immigrants and native New Yorkers at the City University of New York.

[Read more](#)

## Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

## Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)