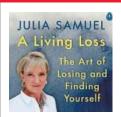
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Source: i (The paper for today)

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"This podcast series shares the experiences, knowledge, fears and confusions we all experience during change,' says the grief counsellor <u>Julia Samuel</u> in the trailer for her new six-part series. It looks at how we respond to events that feel like grief but aren't recognised as such: break-ups, job loss, the disintegration of a

friendship, moving house. Guests open up about their experiences of loss, from Gurls Talk founder Adwoa Aboah to author Elizabeth Day, psychologist Edith Eger and author Johann Hari.

As you'd expect from someone with 30 years of experience as a psychotherapist under their belt, Samuel is a sensitive, responsive interviewer, with a knack for asking revealing questions.

Gwendolyn Smith

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