

Client: Penguin General Monitoring
Source: i (The paper for today)
Date: 06/04/2021
Page: 40
Reach: 220229
Value: 1496.0000

 **Podcasts**
A Living Loss



JULIA SAMUEL
A Living Loss
The Art of
Losing and
Finding
Yourself

“This podcast series shares the experiences, knowledge, fears and confusions we all experience during change,” says the grief counsellor Julia Samuel 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