



Open Grove Schedule 2004

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| January 1 | Newsletter - Real Life Self Care | This newsletter begins our year long focus on real self care for real people. |
| January 15 | Audio Magazine - Real Life Self Care | Carmen Harra, Ph. D., Judith Wright, Oriah Mountain Dreamer, Rachel Harris, Ph. D., Shari Lieberman, Ph.D., & Steven Pratt, MD discuss real self care for real people |
| February 17 | Newsletter - Having Heart | Having heart is the process of loving and being loved. |
| March 4 | Audio Magazine - Heart | Fred Johnson, Ph.D., Gabe Mirkin, MD, Laurie and Charlie Bloom, Rushworth Kidder, Ph.D., Shari Lieberman, Ph.D. & Susan Campbell, Ph.D. look at heart health from all angles |
| March 15 | Newsletter - Nurturing yourself | This newsletter takes a look at our struggles to nurture ourselves. |
| April 3 | Audio Magazine - Inspiration | Carla Wills-Brandon, Dr. Gregory Thompson, Jodi Binstock, Josephine Carlton, Dr. Shari Lieberman, & Steven J. Cannell inspire us all! |
| April 15 | Newsletter - Permission | This newsletter discusses giving ourselves the permission to take care of ourselves. |



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| May 1 | Audio Magazine - Tool Belt | Barbara Stoker, Judith Wright, Lewis Richmond, Lia Macko, Molly Barker, & Dr. Shari Lieberman share practical tools for your life. |
| May 15 | Newsletter - Spice of Life | Feeling burned out? Bored? This newsletter will help you put some spice back into your life. |
| June 1 | Audio Magazine - Home | Jenny Lauren, Judith Orloff, MD, Lis Wiehl, JD, Lou Manfredini, Rick Ridgeway, & Sue Lydon discuss a variety of topic to help improve your home. |
| June 15 | Newsletter - Rights of passage | This newsletter uncovers ideas about rites of passage and reveals our annual book list |
| July 10 | Audio Magazine - Outdoors | Filthy Critic, Irene Rawlings, Nikki Nazelrod, Phyllis Strupp, Real Self Care Hero - Laura Fallbach & "Voices" with Amy Astorga |
| July 19 | Newsletter - Your emotions | This newsletter discuss learning to feel and manage your emotions. |
| August 8 | Audio Magazine - Anger | Bill Willis, MJ Ryan, Nicolas Boothman, Shari Lieberman, Ph.D., Tawnya O'Dell , Real Self Care Hero - Brian Gast "Voices with Amy Astorga |



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| August 15 | Hiatus | |
| September 1 | Hiatus | |
| September 15 | Newsletter - Resource management | This newsletter uncovers practical tools for managing your resources - energy, money, & time. |
| October 4 | Audio Magazine - Excess | David Simcox, James O'Connor, Karin Slaughter, Shari Lieberman, Ph.D. Ted Zeff, Ph.D., "Voices" with Amy Astorga, Real Self Care Hero - Michael Mullane & <i>Under my hat</i> Kathy Reichs |
| October 15 | Newsletter - Loving exercise | This newsletter explores exercise in new and different ways. |
| November 1 | Audio Magazine - Energy | Martha Lucas, Ph.D., Michael Carroll, Oriah Mountain Dreamer, Raphael Cushnir, Shari Lieberman, Ph.D. "Voices" with Amy Astorga, <i>Under my hat</i> : Portable Houses with Irene Rawlings. |
| November 15 | Newsletter - Fearless transitions | This newsletter is designed to help you with your transitions. |
| December 13 | Audio Magazine - Family | Helen Scully, Kate Niles, Joe Kort, Jeff Shaara, Lisa Tucker, Ursula Bacon & Real Self Care Hero - Shawn Talbott |
| December 22 | Newsletter - Spiritual quest | Ideas for your spiritual journey. |