



MARY MCDONOUGH BIOGRAPHY

Mary McDonough is an award winning actor, writer and director. She's acted since age nine, and has a recurring role on *The New Adventures of Old Christine*. She's guest starred on *Will and Grace*, *ER*, *Boston Legal*, the *West Wing* and dozens of other episodics. In 2007, she starred in the made for television movie, *Christmas at Cadillac Jack's*.

She wrote and produced the award winning *For the Love of May*, a film starring Patricia Neal. McDonough has written, produced, and directed award winning-educational films.

McDonough has experience in corporate and charitable organizations. As a Board member of the national nonprofit Young Artists United, she served as Chairman of their National Speakers Bureau from 1986-1991. The Lupus Foundation of America gave her their national award for outstanding service, and the American Heart Association awarded Mary the Les Etoiles De Coeur (Stars of Heart) Award for her participation in their Healthy Heart campaigns.

An outspoken activist, McDonough spent ten years lobbying congress on behalf of women's health. After experiencing and overcoming her own health crisis, she began performing hands-on work to help others heal their health, spirits and lives. With "can-do" determination, she adheres to an indomitable "if life gives you lemons, make lemonade" philosophy. Utilizing solutions she created to solve issues affecting her own life, she became a certified coach and public speaker. She works with businesses and organizations to help them attain their goals in a more harmonious and effective way. Her workshop *BODY BRANDING, GETTING COMFORTABLE WITH THE SKIN YOU'RE IN*, allows Mary to help others with their own personal challenges growing up.

Most gratifying of all is the one-on-one work she does with men and women to deal with and overcome the fears associated with career transition, family dysfunction and eating disorders so they may experience the love, passion and success they so deeply desire.

She was founding director of the fundraising organization, *Lupus LA*, and currently heads *In The Know*, to educating women about their own health.



ADVANCED PRAISE FOR
LESSONS FROM THE MOUNTAIN
by
Mary McDonough

"Mary is a whole lot more than Erin on *The Waltons*. This book shows how she's handled all the highs and lows with grace."

--**George Clooney**

"Somewhere inside that frightened, shy, freckle-faced little girl, who *just* wanted to please everyone, to *just be* "good enough," seethed the heart of a brave activist, willing to take on all comers in her fight to save women's lives. Mary starts out writing a heartfelt "love letter" to her Waltons co-stars and fans, (no whining here, there's not an ungrateful bone in her body!) But no sooner has she finished happily regaling us with her 'behind the scenes' Waltons tales, and the moral lessons she took to heart along the way, she reveals the terrifying challenges that forced her to become more "Erin Brockovich" than "Erin Walton"! For someone who started out as a sweet little girl afraid to speak up, it certainly is a pleasure to hear her *shout* from the top of the mountain now!

--**Alison Arngim**, *New York Times Best Selling Author of "Confessions of A Prairie Bitch"*

"A fascinating look at what it's like to grow up in front of and beyond the cameras."

--**Eve Plumb** (Jan Brady/The Brady Bunch)

"I can't wait to read my Walton sister Mary McDonough's memoir! Her intelligence, wit and insight guarantee that she will tell her story and ours in a moving and delightful way. Also, her status as a successful child performer qualifies her on the fascinating subject of children in show business."

--**Richard Thomas** (John Boy Walton)

"Mary has had the courage to face her fears and pain, and consequently is living a richer, fuller life. That's Mary, full of life!"

--**Michael Learned** (Olivia "Mama" Walton)

"Waltons fans will treasure an opportunity to see the woman behind the pretty face of one of their favorite family members, and even non-Waltons watchers will cheer her perseverance."

--**Judy Norton** (Mary Ellen Walton)

"Mary went on a personal odyssey and self-discovery that took her through very turbulent times. I have kept in contact with my 'little sister' over the years and she always seems to impress me. On a personal side, I like the 'child stars gone good' story that so many of us are, and Mary is one of my oldest and dearest friends."

--**Eric Scott** (Ben Walton)

"She's a radiant woman whose truth comes from within...if I had to pick one word that described Mary Beth, it would be *resilience*."

--**Earl Hamner** (Creator of *The Waltons*)