

If the name Mary McDonough sounds familiar, it may be because she portrayed Erin, (the sensitive middle daughter) on the hit series, *The Waltons* for a decade. Continuing her acting career into adulthood, McDonough has appeared on numerous series; *ER*, *Picket Fences*, *Will and Grace*, *Boston Legal*, and *The New Adventures of Old Christine*, among others. She has also utilized her communication and media savvy as a special correspondent for *Entertainment Tonight* and host of programs for The Travel Channel & The Family Channel. Reaching others, it seems, was not just a career choice, but ultimately, a calling.



Mary chronicles her Walton family and life beyond the mountain in her strikingly honest book, *LESSONS FROM THE MOUNTAIN, WHAT I LEARNED FROM ERIN WALTON*. Mary shares the story of her overnight transformation from a normal kid in a working class, Irish Catholic family, to a Hollywood child star. Touching, funny, sometimes heartbreaking, *Lessons from the Mountain* is the story of everything Mary McDonough learned on her journey over—and beyond—that famous mountain.

Perhaps the result of the many years she spent working in and successfully navigating her place in a difficult and highly visible industry, it seemed only natural for Mary to reach out to others. Thus, her work as a Life Coach began. A seasoned public speaker, she works with businesses and organizations of all sizes to help them attain their goals in a more harmonious and effective way. Most gratifying of all, however, is the one-on-one work she does with men and women to deal with and overcome the fear of anxiety associated with career transition, life balance, communication, and health issues so that they may experience the love, passion and success they so deeply desire.

An outspoken activist, McDonough spent fifteen 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 was founding director of the *Lupus LA*, and currently heads *In The Know*, an organization dedicated to educating women about their own health.

Among her many interests are issues-oriented and educational film making, teaching and political advocacy. An award-winning Director, Writer and Producer of theatrical, corporate and video productions, the highlight of career remains the "production" of her only child, Sydnee.