



# Lessons from the Mountain

*Mary McDonough*

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## **Lessons from the Mountain** Mary McDonough

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

For nine seasons, Mary McDonough was part of one of the most beloved families in television history. Just ten years-old when she was cast as the pretty, wholesome middle child Erin, Mary grew up on the set of *The Waltons*, alternately embracing and rebelling against her good-girl onscreen persona. Now, as the first cast member to write about her experiences on the classic series, she candidly recounts the joys and challenges of growing up Walton--from her overnight transformation from a normal kid in a working class, Irish Catholic family, to a Hollywood child star, to the personal challenges that led her to take on a new role as an activist for women's body image issues.

Touching, funny, sometimes heartbreaking, and always illuminating, *Lessons from the Mountain* is the story of everything Mary McDonough learned on her journey over--and beyond--that famous mountain.

"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* bestselling author of *Confessions of a Prairie Bitch*

"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*

"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

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