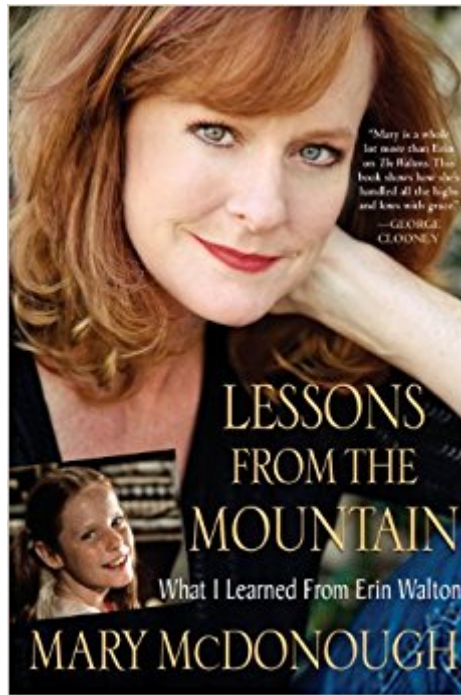


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# Lessons From The Mountain



## Synopsis

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." â "George Clooney Includes Never Before  
Published Bonus Chapter!

## Book Information

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## Customer Reviews

Lessons From the Mountain recounts the childhood of Mary McDonough and her experiences of growing up on the Mountain as one of the beloved children in The Waltons. Her accounts stirred my heart, bringing to life the young actress' experiences, both delightful and heartbreaking. Through dispelling myths, sharing insecurities and recounting all the good times and gags (mostly by John Boy--my favorite was the foaming mouth scene in the middle of church) from the Walton's set, McDonough's memoirs are touching in true-to-life fashion. She offers the reader a real treat, an inside look into these fond memories, leaving us understanding a little more about the characters and crew that made up The Waltons. As her endearing innocence faded into insecurities and struggles with self-worth, Mary searched to find herself. Her days were filled with sets and wardrobes, stylists and media scrutiny, bullies and blunders. Lost in an imaginary world where time stood still, she was always seen as the cute kid with freckles through the world's television screen and though the show must always go on, she secretly struggled behind her character's persona. This book shines a bright light on the realities that Mary faced as a child actor and surprisingly, her experiences were often times heartbreaking. As those around her helped her carve out a new and victorious path, she began to find herself among the not-so glitz and glam of the Hollywood she knew. Yet even as an adult, Mary's struggle with fitting in haunted her and a decision to improve her appearance nearly cost the actress her life.

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