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The Mary Waldon Show: Raising and Empowering Young Women, Mind, Body, and Spirit Archives Available

The Mary Waldon Show is aimed at enriching North America's mental health conversation. Specifically, our show targets the interests and needs of young women, their parents, and a rapidly changing culture. How can our highly pressurized, social media-intense society raise strong, self-aware, self-empowered young women? How do we address the increase in depression, self-harm, eating disorders, and the accompanying decline in self-worth among our daughters? Our guests will include mental health professionals, authors, artists, academics, and successful women with a story to share. Join Mary Wald

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