Mary Beth Fox, LPC

The Inner Child Therapist

Dig Deep. Continue Healing. Live the life you've always deserved.

Bio:

Let me introduce you to Mary Beth Fox, a Licensed Professional Counselor, motivational speaker, mental health blogger, and soon-to-be author. With a heart for helping others, she has guided thousands on their journey to healing. By sharing her own stories of navigating depression, childhood trauma, and life's many challenges, Mary Beth shows us that healing is possible—and that embracing vulnerability is key to getting there.

Today, she's here to offer practical tools that will help you better understand yourself and stay focused on your own healing journey, empowering you to live a life you can truly love. So, get ready to laugh, probably cry, and leave feeling like you've just had a powerful therapy session filled with realistic, actionable steps for change.