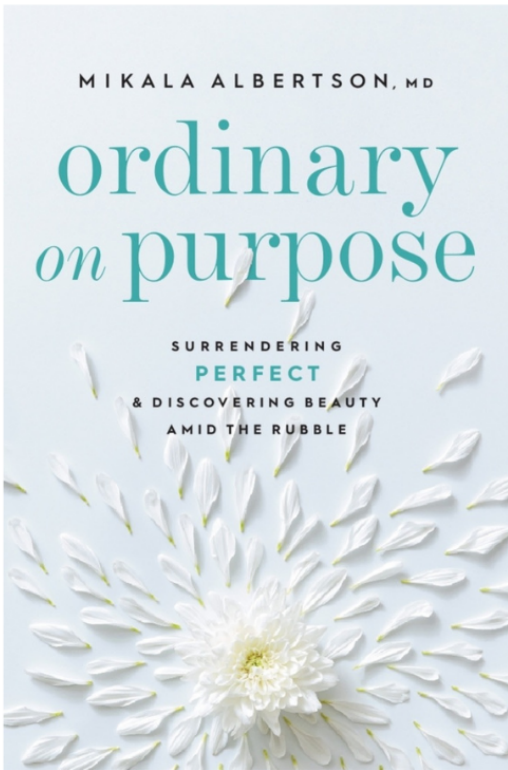


mikalaalbertsonmd



I'd love to be the next guest on your podcast or speak at your event!

Possible Topics:

Dr. Mikala Albertson is a board-certified family practice doctor, author, and well-being advocate who is passionate about women's health and healing in the imperfect bodies we *actually* have in the ordinary lives we're *actually* living.

She is the author of the book *Ordinary on Purpose* and inspires readers on social media every day to stop striving for 'perfect' lives or some unattainable cultural ideal of 'beauty and wellness' and instead aim for wholehearted living through a gentle, achievable, sustainable approach.

She and her husband of 22 years are raising five children just outside of Salt Lake City, UT.

- Surrendering the goal of shiny and perfect
- Midlife, perimenopause, and loving the body you *actually* have (over a cultural ideal)
- Embracing the gift of a messy, *ordinary* life
- Al-anon and recovery for friends and family of alcoholics and addicts
- Parenting teens and tweens
- Shifting career paths from doctor in clinic to author

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