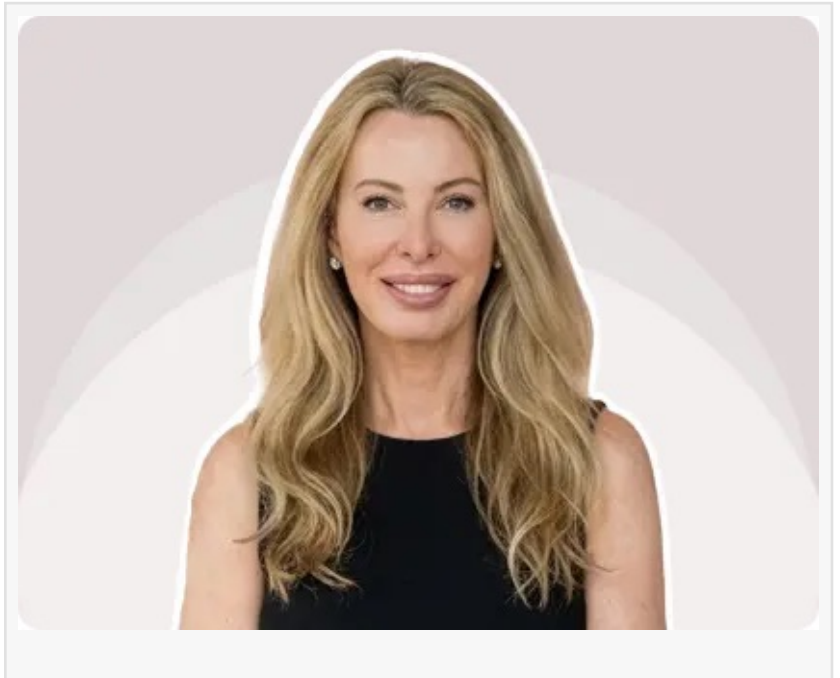


Influential Women Podcast Features Kari Wells on Healing, Authenticity, and the Hidden Cost of the "Perfect Persona"

Kari opens up about surviving a violent armed robbery, performing strength on national television, and the daily practices that helped her rebuild.

ST. PETERSBURG, FL, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Influential Women, the global media and publishing platform dedicated to elevating women leaders, today released Episode 20 of the Influential Women Podcast featuring Kari Wells, the British-born television personality, actress, and author known to millions from Bravo's *Married to Medicine*.



In "[Beyond the Perfect Persona: How to Rebuild When Everything Falls Apart](#)," host Jodie O'Brien sits down with Wells for a candid, unguarded conversation about the years she spent living two realities at once: the polished public figure Andy Cohen christened "The Queen of Class," and the woman privately navigating PTSD, grief, and the quiet exhaustion of holding it all together for the cameras.

Wells is the author of *From Attitude to Gratitude: 15 Practices for Transforming Pain into Power*, her debut memoir and guidebook released in early 2026 through Forefront Books and distributed by Simon & Schuster. The book draws on Wells's deeply personal journey through trauma, including a violent armed robbery in Atlanta and the devastating loss of her sister, and offers readers a roadmap of 15 gratitude-based practices, including her signature "Fundamental Five" daily habits.

"I stopped seeing pain as the enemy," Wells tells O'Brien in the episode. "I started to see it as an invitation to the next chapter."

The conversation moves through the moments that forced Wells to confront the unsustainable

pace she'd been living, the decision to sell her home and downsize her life, and the practices that brought her back to herself. She speaks openly about the cultural pressure women face to perform strength, the cost of comparison in the age of social media, and what it means to live from wholeness rather than lack.

For listeners who feel they have lost themselves underneath the roles, responsibilities, and expectations of high-achieving life, Wells offers a piece of plainspoken wisdom: "Be your own best friend first. Use the words you'd say to your best friend on yourself."

The full episode is available now on Apple Podcasts, Spotify, YouTube, and at influentialwomen.com/podcasts.

The Influential Women Podcast Hosted by veteran journalist and media consultant Jodie O'Brien, the Influential Women Podcast features in-depth conversations with women across business, healthcare, technology, media, philanthropy, and education. Episodes spotlight the decisions, challenges, and turning points that have shaped each guest's career. New episodes drop three times a month.

Influential Women is a global media and publishing platform dedicated to elevating the voices of women leaders, entrepreneurs, and professionals across industries. Through editorial content, podcasts, masterclasses, recognition programs, and the Influential Women Magazine, the brand creates visibility for women who are leading, creating, and redefining what is possible. Influential Women has built a community of more than 96,000 followers on LinkedIn and serves women leaders worldwide.

Editorial Team

Influential Women

+1 877-241-5970

clientservices@influentialwomen.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/918229424>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.