

ctpost

Houston "It" Girls of 2015

What makes an "it" girl? Youth, beauty, and impeccable taste can only take one so far, but talent, altruism, and vision elevates these movers and shakers to a league all their own. From bloggers and app developers to interior designers and social swans in the making, here are 23 women to watch.

By **Amber Elliott** on July 14, 2015 3:10 PM



Photo: Jon Shapley/Houston Chronicle

FOUNDER OF PEACE OF MIND

ELIZABETH MCINGVALE: Crusader (and Mattress Mack's daughter) Elizabeth McIngvale received a master's degree from Loyola University Chicago and a PhD from the University of Houston after being diagnosed with a severe case of obsessive-compulsive disorder that was believed to be untreatable. McIngvale was named the first national spokesperson for the International OCD Foundation at age 18 and founded Peace of Mind, a non-profit organization for people with OCD, in 2006. Last year she participated in Citizens for Animal Protection's Celebrity Paws Gala with her sister Laura McIngvale Brown and recently gave an inspiring speech at the Young Women's Christian Association's Outstanding Women's Luncheon.