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# Hitting Our Stride: Women, Work, and What Matters. Building Self-Confidence through Advice and Mentoring for Women and their Issues

*Karel Murray*

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*Hitting Our Stride*

Women, Work, and What Matters

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**Karel Murray : Hitting Our Stride: Women, Work, and What Matters. Building Self-Confidence through Advice and Mentoring for Women and their Issues** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Hitting Our Stride: Women, Work, and What Matters. Building Self-Confidence through Advice and Mentoring for Women and their Issues:

Hitting our Stride is all about women helping/mentoring women. Author Karel Murray surveyed 168 women to find out how they deal with life, and then she compiled them, adding her own humorous comments to give women over forty good advice on how to have it all--and still be happy and sane! She found out that we can learn from each other's experiences when we create an opportunity for women to embrace the force of shared wisdom. Collaboration is unbeatable when women mentor other women. Hitting Our Stride is more than just a guidebook for women--it's a way to gain insights and learn from others' experiences while thinking about career, life, and family lessons we've learned along the way. You can find the success and life balance that you're striving for. So sit back with a cup of tea-or a glass of wine--and uncover what we can all learn from each other's experiences!