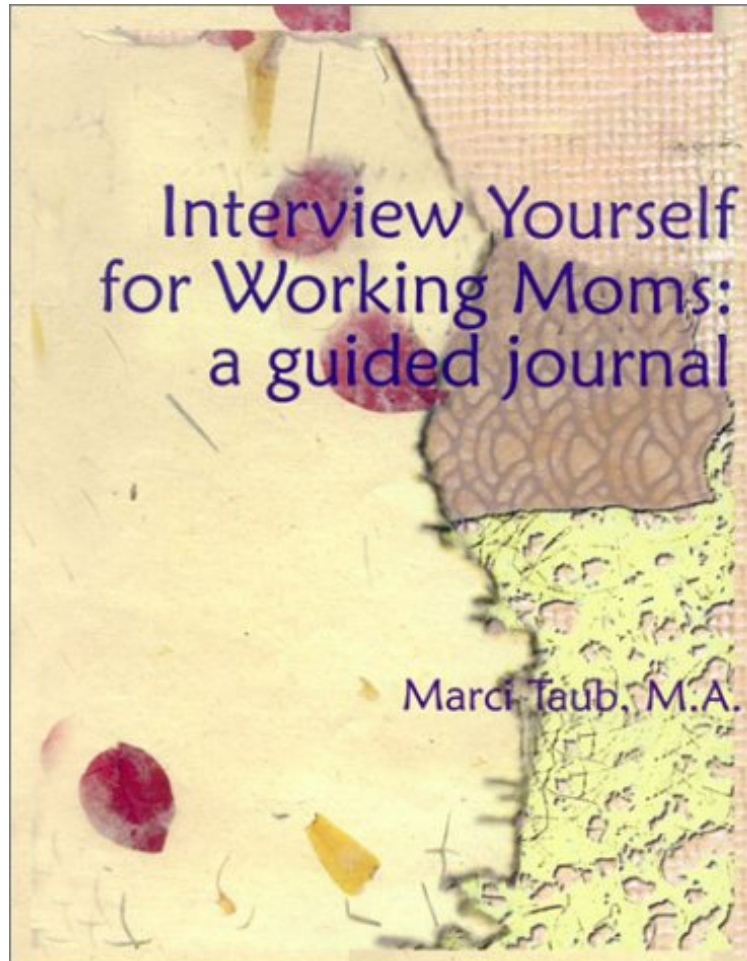


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Interview Yourself for Working Moms: A Guided Journal

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3 of 3 people found the following review helpful. Fantastic!By A CustomerThis book is great. A must have for any working mom, aspiring working mom, or working mom in transition who feels overwhelmed, intimidated or fears her real dream. Taub breaks down the myriad dilemmas and responsibilities we moms/working moms face into little manageable thoughts or questions that almost seem customized for each reader. By asking the reader in a gentle way to look at a particular issue, including taking a look at the reader's past, present and future, Taub passes on a confidence to the reader that you can actually do something about it rather than fear, freeze or get angry. Taub calls these questions "Conversations" and indeed, sometimes it feels like a conversation is being held. By answering these questions, pondering them, or simply reading how Taub resolved her own issues, is inspiring not to mention result-producing. Furthermore, it's the type of book you can read five minutes at a time -- perfect for moms on the go. Taub's

success at breaking down the big questions into little ones enables the reader to delve into an issue little by little, as time permits, perfect for all moms. A keeper on any mom or working mom's shelf, counter, car pool line, etc.0 of 0 people found the following review helpful. An investment in your futureBy A CustomerAs a working mom with a toddler, I have had limited time (and energy) to reflect on the direction of my career. This book gave me the opportunity to organize my thoughts, think beyond the day to day and see the big picture. The topics and questions in the journal allowed me to think and take risks in a safe and structured way. I was able to focus on these issues around my daughter's schedule. I looked forward to writing in the journal with a cup of coffee early in the morning before my daughter woke up or with a glass of wine at night after she went to sleep! I now feel much more connected with what I want from my career and a better plan on how to get there.0 of 0 people found the following review helpful. Every working mother needs this book.By A CustomerMost working mothers talk to themselves anyway ... it's the best way to work through our issues, conflicts, etc. This book gives a great framework in which to have these conversations so that they are more productive. The book is organized in such a way that I can pinpoint which chapter will best guide me through my current struggle. I recommend this to any woman trying to balance different facets of her life, whether they be work, family, PTA, volunteer work, etc.

Have you ever wished for a guidebook to help you face your overwhelming challenges as a working mom? Interview Yourself for Working Moms is that dream book an action-oriented guided journal designed just for you by Marci Taub, M.A., a career counselor and working mom. Its filled with journaling tips, chapter overviews, sample entries, and guided conversations to help you become your own career and life coach.