



If the world today—or just negative experiences in your own life—causes you anxiety, stress and depression, you might not feel much better knowing that historically, the world’s women and girls have suffered disproportionately from violence, illness, inequality and loss. How did so many successfully overcome these challenges? They had HOPE.

Is that something you can attain? Yes, of course! *The Book of Hope* offers you tools, strategies, and inspiration to help you harness the power of hope, conquer helplessness and despair, and live the life of your dreams—then pass this empowering message on to others. Packed with practical suggestions and motivating ideas, *The Book of Hope* features impressive women, including the author, sharing their stories of triumph over pain, betrayal and tragedy to thrive professionally and personally. If you want a better life filled with love, happiness, and financial success, then you are ready to be a victor, not a victim. Let these women show you how it all begins—with a little hope.

THE BOOK OF *Hope* How Women Rise Up, Take Charge and *Win in Retirement*

THE BOOK OF *Hope*



Mary Muduuli attended some of the best schools in Uganda and Canada where she attained a master's degree in agricultural economics, and in the United States where she received training at the Harvard Institute for International Development. Her professional life, as a development economist in a male-dominated world, was challenging but successful.

The deaths of her parents were especially tragic, and Mary grieved the loss of all her male siblings within a few years. She also endured an abusive marriage but maintained a positive mindset, had a successful career, and raised and educated her three children. Now retired, she indulges her passions for reading and writing.

Mary's curiosity about the lives and aspirations of women and girls around the world has awakened and energized her lifelong dream of writing a book that combines her keen interest in current affairs, the wealth of experience she acquired in both her public and private lives, and her wish to inspire and mobilize women to build on and propagate her message of hope for better lives and a better future.

MARY C. MUDUULI

THE BOOK OF *Hope*



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