



Keep Your Life, Family and Career Intact While Living Abroad: What every expat needs to know

Cathy Tsang-Feign PhD

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MOVING ABROAD? WHAT EVERY EXPAT NEEDS TO KNOW.

The challenges of living in a foreign country don't begin and end with culture shock. If you're planning a move abroad, you need to prepare yourself for the unique pressures, anxieties and personal and family problems common to all expatriates, which are often difficult to anticipate and a challenge to overcome, including:

- Culture shock: what is it really?
- Long-distance relationships with friends and family
- Affairs and other marriage-stressors
- Raising third culture kids
- Being single overseas
- Business travel booby-traps
- Expatriate burnout
- The unforeseen trials of returning home
- ...and much, much more

Expatriate psychologist Dr. Cathy Tsang-Feign uses real-life examples and easy-to-understand explanations to fully prepare you for a move abroad, and to help those already there to help themselves live a well-rounded, satisfying life.

On the principle that "awareness is half the cure," Dr. Tsang-Feign identifies and explains most of the common personal, relationship and family problems encountered by people living abroad: from the initial culture shock to the special joys and pitfalls of the expatriate experience, to the challenges of re-entering your own native country.

This expanded new edition contains new information on expatriate relationships and marriage, third culture kids, and a thorough guide to finding help abroad.

Click the "Look Inside" link above to read the first chapter free!

"The essential survival guide. Must reading for anyone living abroad."

Louis Kraar, Senior Editor, Fortune

"In an easy-to-read, jargon-free book Cathy Tsang-Feign helps confront problems unique to the expatriate experience."

South China Morning Post

"The best survival manual I've come across. If you live overseas or are going to, read this and keep it beside

your bed."

Fred Schneider, author of *Getting Along with the Chinese*

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Felix Talarico:

In this era globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. Typically the book that recommended to your account is Keep Your Life, Family and Career Intact While Living Abroad: What every expat needs to know this book consist a lot of the information of the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer value to explain it is easy to understand. Often the writer made some exploration when he makes this book. That's why this book suited all of you.

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