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## Preparing for Your Move Abroad: Relocating, Settling in, Managing Culture Shock (Culture Smart!)

By Hart, Rona

Kuperard, London, 2012. Paperback. Book Condition: New. This comprehensive, step-by-step guide is designed to prepare you for your move abroad and to enable you to manage the transition effectively. Alone in the market, it combines the practical, cultural, and psychological aspects of relocation, and helps to allay the fears and reduce the stresses that accompany this major event in a person's life. Preparing For Your Move Abroad follows a typical relocation timeline, taking you from your first step - the decision to move - to your integration into the host society, and through every step between these two points. Uniquely it offers: \* A strong knowledge base for every stage of the relocation journey \* A strategy to manage the issues at hand \* Psychological preparation \* An action plan, presented through exercises, practical steps to consider, checklists, and many easy-to-use tools. It deals with the challenge of change by pulling together the practical, cultural, and psychological aspects of relocation and addressing them at each phase of the process. This distinctive approach helps you to develop three essential skills: systematic organization, cultural flexibility, and psychological resilience. These skills are crucial for successful change management, and can be put to use in...



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