



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

By Cathy Tsang-Feign PhD

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**Keep Your Life, Family and Career Intact While Living Abroad: What every expat needs to know** By Cathy Tsang-Feign PhD

### **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.

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*"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."*

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*"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 Schneiter, author of Getting Along with the Chinese

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### **Editorial Review**

#### About the Author

Cathy Tsang-Feign, PhD, is a psychologist and expert in expatriate and cross-cultural psychology, based on decades of experience working with international executives and diplomats and their families around the world. She has practiced in Los Angeles, Atlanta, London and Hong Kong, and is a consultant for multinational companies. She is a former columnist for *American in Britain* and the *South China Morning Post* on psychological advice for expatriates.

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