



The Expat Activity Book: 20 Personal Development Exercises for Gaining Insight and Maximizing Your Potential Wherever You Are

By Jodi Harris

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you re a diplomat, a military family member, a recently returned volunteer, missionary, study abroad student or intern, The Expat Activity Book is designed to give you new tools and insight for personal growth. Written in an accessible, conversational style, The Expat Activity Book draws on author Jodi Harris years of experience as an expat, social worker and life coach. Each of the activities addresses a specific experience commonly faced by people who move from one country to another, including: understanding how to better live outside your comfort zone, cultivating awareness in the face of culture shock, developing community, preparing for transition, and many more. The self-paced activities can be revisited as needed and repeated any number of times. This book s twenty activities will help you get unstuck, look at things anew and home in on what matters most to you.wherever you are.



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional engineer, with the intent of making a...