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## The Emotionally Resilient Expat: Engage, Adapt and Thrive Across Cultures (Paperback)

By Linda a. Janssen

Summertime Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Living abroad offers enriching experiences of growth, broadened perspective, enhanced cultural understanding. Yet its transition-rich, change-driven, cross-cultural nature can place considerable demands, leaving us stressed, disconnected, our identity in flux. Building on existing literature and benefitting from recent developments in psychology and brain-body connections, *The Emotionally Resilient Expat: Engage, Adapt and Thrive Across Cultures* shows the key to successful transitions and beyond lies in emotional resilience to adapt, adjust or simply accept. Linda A. Janssen combines candid personal stories from experienced expats and cross-culturalists, with a wealth of practical tools, techniques and best practices from emotional, social and cultural intelligence, positive psychology, mindfulness, stress management, self-care and related areas. FACTORS(TM) offers a way to live a healthier, more positive, emotionally engaged, culturally connected global life. Using personal story and solid theory in her groundbreaking book on emotional resilience, Linda A. Janssen guides those facing the challenges of cross-cultural living to dig under the initial rocky surfaces of overseas life to discover - and use - the rich gold of their own experience. A great resource for expats of all backgrounds. Ruth E....



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