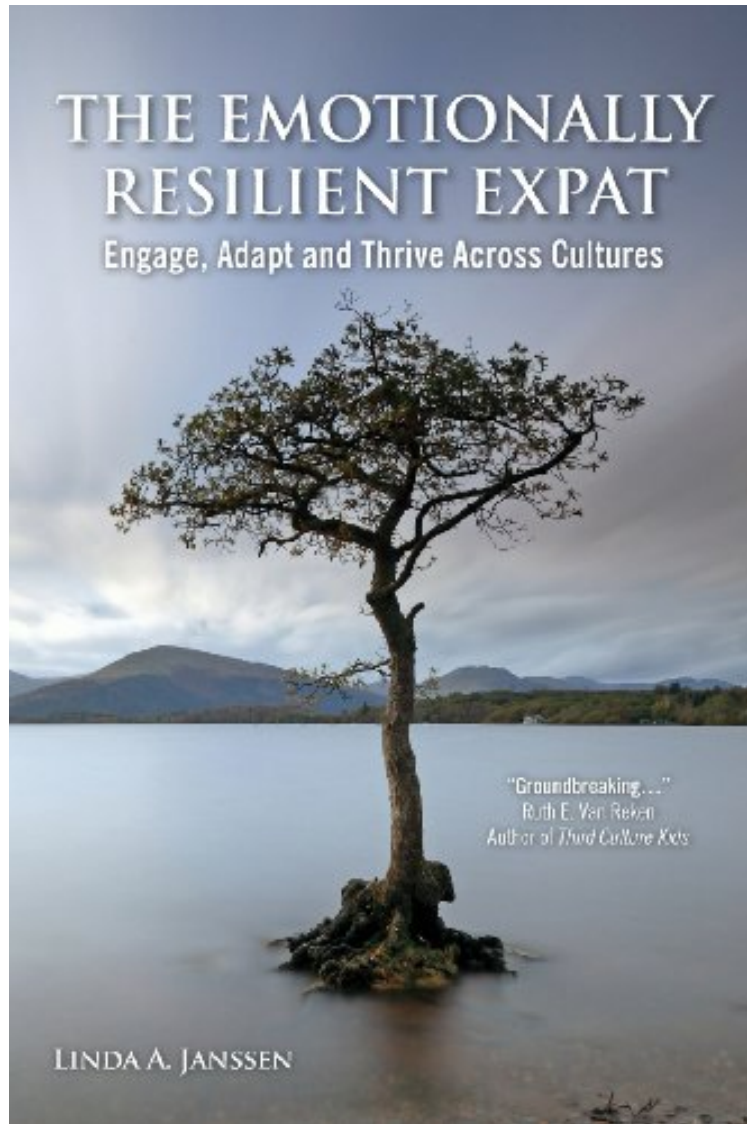


# The Emotionally Resilient Expat - Engage, Adapt and Thrive Across Cultures

Linda A. Janssen

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#1286882 in Books 2013-07-01 Original language: English PDF # 1 9.21 x .81 x 6.141, 1.21 #File Name: 190919333X392 pages | File size: 23.Mb

**Linda A. Janssen : The Emotionally Resilient Expat - Engage, Adapt and Thrive Across Cultures** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Emotionally Resilient Expat - Engage, Adapt and Thrive Across Cultures:

1 of 1 people found the following review helpful. Thought-provoking insight from expats and experts! By Anne OCI've been an expat for almost 20 years now and I've always believed that I was the epitome of resilience. I adapt well to

new surroundings, make friends easily and don't sweat the small stuff! However, sometimes it's not the small stuff that you need to pay attention to. The Emotionally Resilient Expat is not just for those who are planning their first expat assignment. It brings a whole lot of insight into potential problems from the buried feelings and sometimes even denial of the most seasoned global nomad. The experiences shared, both light-hearted and emotionally moving, of the expats and world-renowned experts who Janssen interviewed for the book provide the reader with a deep look into expat life. You can leave your rose-colored glasses on the nightstand for this one. As I read, I felt my breath catch in my throat and I knew there were still a few wrinkles to iron out in my latest expat adventure. Facing whatever situation life brings you does require an honest and realistic look at the facts, which this book brings in spades. This is a must read if you're thinking about moving abroad, are already living abroad or are planning to move back home. Repatriating brings a whole new set of demands on your resiliency so brace yourself and pick up a copy of The Emotionally Resilient Expat.

0 of 0 people found the following review helpful. Helpful, but limited. By Rana Hasan  
The resilience discussion is reasonable, but the book is too long for the points it makes. I felt it could have been a lot richer if the experiences of Non-Western expats had been incorporated. It feels rather Eurocentric (Americans, Europeans, Australians) as it is.

0 of 1 people found the following review helpful. Permission to Take Care of Yourself on the Expat Journey  
By Heidi Mulligan Walker  
I have just finished reading The Emotionally Resilient Expat and I thank Linda Janssen for giving me something that I had neglected to give myself which is permission to take care of yourself while on the Expat journey. I had been an expat for 18 years living in both London and Beijing over that time. When we returned to the US a year ago I really thought I was handling everything fine. I kept myself super busy almost as a way to prove to myself and others that I could handle anything. I am also a Life Coach so having a positive, upbeat attitude, and seeing the silver linings comes quite naturally. What I had neglected to do during this time was to focus on making sure I was also settling in. I realized that I have not developed a social network outside of my immediate family and my sister and her family who live nearby. I had registered the kids at various Doctors but had not registered myself, I had not kickstarted my daily exercise regime. I had volunteered at school, written a book, started a business but I had not done the things for me that would really provide me with emotional balance and strength after two country moves in as many years.

The Emotionally Resilient Expat is extremely well researched and I particularly love the personal anecdotes shared by both Linda and the contributors. After reading the book I know that it is not okay to simply take care of everyone else, that it is important to take time to take care of yourself throughout the journey. I also love the fact that the repatriation process is included because this is a part of the expat journey that is often neglected and yet it has been one of the most significant aspects of the past 18 years for me. I never thought I would have a harder time developing social and professional networks back in my home country than I did while living as an expat but in a sense when you are part of a smaller group in a foreign country there is a shared sense of experience that helps to build a tight-knit, welcoming community. Thank you Linda for adding your voice to this discussion and for providing a book that is a fabulous support resource for expats at each stage in their journey.

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* 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. Van Reken, Author, *Third Culture Kids: Growing Up Among Worlds* "Janssen's work is sure to be a stand out in any expatriate or cross-cultural arena. She eloquently, articulately and incisively delves into areas previously considered taboo in order to highlight how we can all gain mastery over whatever life throws our way. I will definitely be referencing Janssen's material when working with TCKs, expat parents and international students." Tina L Quick, Author, *The Global Nomad's Guide to University Transition*, [www.internationalfamilytransitions.com](http://www.internationalfamilytransitions.com) "A practical guide in the art of managing the risks of overseas life in ways that will promote endurance and effectiveness. Full of honest and hope-filled stories from the lived experience and life-long learning of Janssen and her dozens of expatriate contributors. An invaluable companion for expats who want to know that they are not alone." Duncan P. Westwood, PhD, (C)OACCPP Clinical Director of Expatriate Care Development, International Health Management "As with any food rich in nutrition, this book is best sampled regularly and digested slowly." Drs. Douglas W. Ota, NIP Psychologist, NMI Mediator, Family Therapist,

