

The Culture Shock Tool Kit: Three Strategies for Managing Culture Shock



THIS EDITION COMES TO YOU IN 3 LANGUAGES -- ENGLISH, SPANISH, AND FRENCH.

ENGLISH: Whether you are an old hand at living in different cultures or you are just beginning, the Culture Shock Tool Kit is an excellent resource for making transitions. Its one of a kind manual that contains exercises and hands-on activities that teach you how to adjust with ease. Testimonials: I recommend your e-book, it is easy to read and very practical. The idea of different perspectives is great, a real breath of fresh air on the subject... Also I am a big fan of John Gottman and think its very clever how you have brought his work across to the area of culture shock. I wont go into detail because its all in your book....Ive been an expatriate for over 20 years and this is the first material on culture shock that has taught me something. I really enjoyed it. Thank you for making it fun and interactive. I learned a lot from the book and from sharing it with family members, which was very valuable.

SPANISH: Un metodo sencillo y accesible para solventar el choque cultural. Me ha parecido muy interesante... ?me habria venido muy bien en San Peters!

FRENCH: -- Avez-vous recemment demenage dans un nouvel endroit? -- Un autre pays? region? ville? -- Vivez-vous un choc culturel? -- Etes-vous sur le point de demenager ou etes-vous concerne par le choc culturel? Que vous ayez lhabitude de vivre dans des cultures differentes ou que ce soit pour la premiere fois, la boite a outils du choc culturel est un excellent moyen deffectuer la transition. Cest lun de ces manuels qui contient des exercices et des activites pratiques qui vous apprend comment vous adapter facilement. Je sais combien il peut-etre difficile de changer de pays pour la premiere fois. Shabituer a ce qui nest pas familier, faire face au changement et avoir une vie qui vaut la peine detre vecue semble etre parfois une

tache insurmontable. C'est la raison pour laquelle j'ai développé la boîte à outils du choc culturel. Après avoir coaché de nombreux clients sur ce sujet et l'avoir vécu moi-même, je voulais aider les personnes à faire face au choc culturel d'une manière efficace et ludique! Imaginez déménager et vous adapter facilement. Cette boîte à outils vous montrera comment vous soyez. Temoignages : Je recommande le e-manuel, il est facile à lire et très pratique. L'idée des différentes perspectives est géniale, une véritable bouffée d'air sur le sujet... J'aime aussi beaucoup les travaux de John Gottman sur les relations de couple. Je pense que le lien entre ses travaux et le sujet du choc culturel est intéressant. Je ne rentrerai pas dans les détails parce que tout est décrit dans le manuel.... J'ai été expatrié pendant plus de 20 ans et c'est le premier ouvrage sur le choc culturel qui m'a appris quelque chose. J'ai vraiment apprécié ce manuel. Merci d'avoir fait un manuel ludique et interactif. Le manuel m'a appris beaucoup de choses et j'ai pu en partager le contenu avec des membres de ma famille, ce qui pour moi était très important.

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