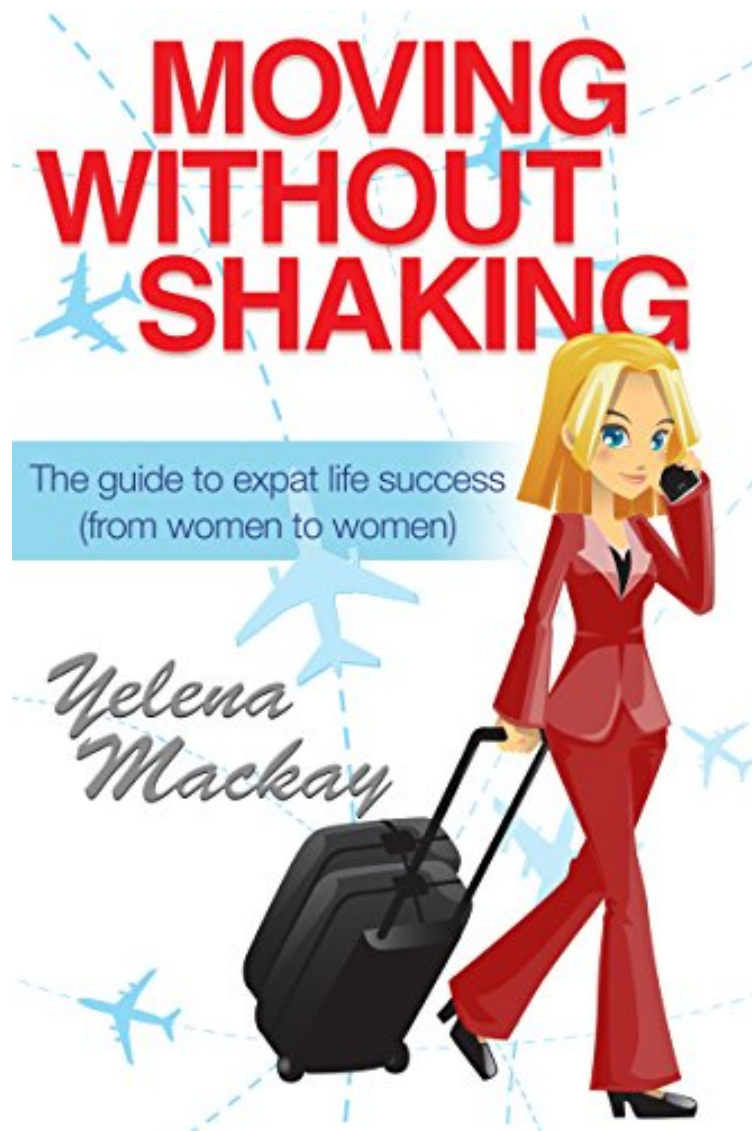


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Moving Without Shaking: The guide to expat life success (from women to women)

Yelena Mackay

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Yelena Mackay : Moving Without Shaking: The guide to expat life success (from women to women) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Moving Without Shaking: The guide to expat life success (from women to women):

1 of 1 people found the following review helpful. I would certainly recommend this book as "must to read" for everyone. By Inna Zubashko I am not currently trying to move abroad and build a career as an expat. I started reading "Moving without Shaking"; out of curiosity and without any expectations. I usually read multiple

books at the same time, depending on my mood; however, after finishing the 1st chapter of Parkers's book, I couldn't put it down until I finished it. In today's environment, I would certainly recommend this book as "must to read" for everyone. The following review is not only for the people who are choosing to build an expat career — you can read the other reviews, and I won't repeat the other reviewers' points. If you are a high school student, this book will encourage you to follow your dreams and understand different career paths you can consider for your life. It can also help to look at the college choices from different angles. If you are young professional or college graduate, this book is definitely for you. You are at the very beginning of your career journey. It is good to know what is out there for you. If you are newlywed or starting a serious relationship with your significant other — read it! Even if you are not considering moving abroad, your partner may consider it at some point in time. It will certainly help you to understand his/her prospective. If you are a parent, read this book to motivate your children. It will help you to find the right words to show your children that there are no limits in this life and they can become whoever they want to be and achieve any goals they set for themselves. Motivation and encouragement skills are parents' best friends. If your child is graduating from high school or is already in college, this book can help prepare you and help you understand your child's choices: your child may not come back home after college and your child may choose a totally different life style than you chose or what you thought he/she will choose. Wouldn't it be great to be able to speak to your child about something he/she is interested in? You can continue to be a significant part of their life, even if they are far away from you now. If you have already reached your career goals, raised your children, built the life that you planned, you most likely have started questioning yourself (at least I have) — "what is next?". Why don't you try reading this book? It may give you some great ideas. It will definitely motivate you to go further or start all over again. Life is not over when you hit your 40s/50s. It's just another chapter and it is often hard to turn the page and find out what the next chapter means for you. If you are a grandparent (like my mother) — I am sure it is hard for you to keep up with the changes the 21st century brought to us. 20-30-40, years ago you discovered that your kids were different than you. But now you are looking at your grandkids and probably wondering "what planet did they come from?". It is so difficult to keep up with these changes. Millennial generation is very different from Baby Boomers. I am sure that reading this book will help you understand this new generation. At least, it will give you a good topic to connect and start conversation with your granddaughter or grandson, who you see constantly looking at their iPhone and browsing the internet. If you don't know how to talk to them, this book will give you some great topic for discussion. Did I cover all stages of the life? I can go on and on and on... But I must stop now and let you start reading so you can discover all other great things this book will bring to your life.

2 of 2 people found the following review helpful. Inspiring Story! A book for everyone to read! By Teresa This is a book for anyone who wants to build upon their career no matter what stage. Yelena provides a unique perspective of how she was able to move to different countries to not only increase her education but also her global knowledge. She takes us back to her life in the Ukraine and how she really wanted to know more about the world. She didn't want to be limited at all and nothing was going to stop her. Her sheer will and determination to make her move and her several moves later is what really inspired me. Yelena also introduced other women who made the choice of leaving their home country to learn a new language, education and build upon their career. They all have become successful in their careers from their choice! They made a better life for themselves because of it. My major takeaways from this book are this.....there's this world out there for the taking and it's within everyone's grasp! Don't let any challenges (education, local language, work visa) stop you from achieving your goal of being a global citizen. This is attainable, Yelena can help and show you how. I would recommend this book to everyone, not just those who are thinking about moving out of the country but those who need a little inspiration in achieving your goals.

1 of 1 people found the following review helpful. Great "How To" Book For Your International Career By mxh326 I loved reading this book! I found this book to be a great introductory book about "how to" have an international career. If you are someone like me who is considering relocating their career, or perhaps a recent college or grad school graduate thinking about having an international career this is the book for you. Parker outlines all of the things that one should consider in terms of having a career outside of their country of origin and what characteristics are necessary for that person to be successful. I would, and have, recommended this book to friends also interested in living and working abroad. It is a great resource in terms of grounding oneself in their international career decisions and then figuring out the next steps. A must read for wannabe-expats.

This award-winning book is a definitive guide for women looking to build international careers and experience life abroad. In *Moving Without Shaking*, Yelena Mackay answers many questions that new and experienced expats alike ask at different times of their journeys and offers practical, no-nonsense advice on how to thrive abroad. This book will help you navigate your life overseas, adjust to local cultures, set priorities from learning languages to working through new job markets, keep in touch with your friends and family and maintain a positive attitude. You can keep wondering what it is going to be like or learn from experiences of women who have taken the leap to study, work, or volunteer abroad, set your own goals, build a plan and try it out.

“Mackay Nails It: Move up by moving abroad.” Mackay’s savvy guide on “moving up by moving abroad” is packed with inspiring stories and tips. It reads as though a knowledgeable friend is digging deep to give you her very best advice and Mackay doesn’t disappoint. My favorite aspect of this useful book is the breadth of topics discussed—everything from relationships (and moving’s effect on them), to cultural adaptation, to getting up the gumption and grit to make a big leap abroad is addressed. I love Mackay’s attention to challenging the status quo by having a healthy fear of settling. This book can help any person inhale a deep breath, feel assured, and take that exciting risk they’ve been wanting to pursue!

Selena Rezvani, Women’s Leadership Author, Speaker and Consultant, Author of “Pushback” and “Woman to woman: advice on expat life”

An international business executive couldn’t find any books tailored to globetrotters like her - so she wrote her own!

Elizabeth Roberts, The Telegraph Expat Columnist

And I of course love the idea of moving without shaking! That’s what this toolbox is for!

H.E. Rybol, The Displaced Nation Columnist, Author of “Culture Shock: A Practical Guide and Culture Shock Toolbox”