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Free At Last: Live, Love, and Work Abroad as a 21st Century Global Citizen

Kristen Palana, Jacqueline Seidel

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Are you ready to go global? Whether you are firmly planted in your familiar hometown or are already making plans for your exotic wedding in India next December, this book will help you connect with this great and wonderful world that we share with 7 billion+ others in your own way, in your own time, and at your own pace.

Part travel tips guide and part memoir, this book gets into the inner world and psychology of becoming a traveler and expatriate, providing insights on the ups, downs, obstacles, and epiphanies of life both on and off the road.

Full of true stories, inspirations, hard-won advice, and sneaky tricks, this guide will help you bring the world to your own doorstep when you can't get away, inspire you to take your first trip outside your hometown, and get you started studying, volunteering, and working abroad on the right foot. Then, if you really get into the thick of things, you might find yourself actually falling in love, getting married, and even giving birth abroad. What then? Been there. Done that.

Authors Kristen Palana and Jacqueline Seidel are female travelers and expatriates with decades of experience living, studying, backpacking, volunteering, working, and parenting abroad. Get their perspective when you no longer know what to say when people ask you where you are from and worlds start colliding.

It's more than living abroad and travel tips. Here's what you'll find inside:

- Firsthand accounts, interviews, and stories of global living and adventures and misadventures abroad
- Tips for finding peace for when you don't have the time, budget, or ability to travel
- Ideas for having first-rate adventures without even leaving your city or country
- An action plan for taking your first group or solo trip away from home
- Learn the top travel tips and travel mistakes to avoid BEFORE you start your journey
- Get insider advice for successful study and volunteer abroad experiences
- Gain an understanding of the expat mindset and what it *really* takes to live overseas
- Smart tactics for saving time, money, and sanity while traveling or living abroad
- Insights for those who date, love, marry, have babies, and raise children abroad
- Insights into the psychology of expatriation and how one might go from zero to hero as a budding world traveler
- Inspirations to help you conquer your fears, leave your comfort zone, and just do it!

Welcome to the world of becoming more worldly. **Let's get you started on your own unique journey!**

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