



## Culture Shock - A Practical Guide (Paperback)

By H E Rybol

H.E. Rybol, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A book for inquisitive travelers interested in making the most of challenging cultural transitions. Culture shock can leave anyone feeling disoriented and overwhelmed. With a sensitive and pragmatic approach - focusing on the person, not a place - H.E. Rybol helps readers cope with the ups and downs of adaptation. A mindful understanding of the subject combined with practical tips provide a comforting companion to anyone moving, studying or traveling abroad.



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