

After The Trip: Unpacking Your Cross-Cultural Experience



After the Trip: Unpacking Your Crosscultural Experience by Cory Trenda

★★★★☆ 4.9 out of 5

Language : English
File size : 4380 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 148 pages



Are you struggling to adjust back to life after your cross-cultural experience?

You're not alone. Many people experience culture shock when they return home, even if they had a positive experience abroad. This is because it takes time to readjust to your home culture after being immersed in a different one.

In this book, I will help you unpack your cross-cultural experience and make the most of what you've learned. I'll cover topics such as:

- Culture shock and reverse culture shock
- The benefits of cross-cultural experiences
- How to apply what you've learned to your life back home

This book is for anyone who has had a cross-cultural experience, whether it was for study, work, or travel. It's also for anyone who is planning to have a cross-cultural experience in the future.

What readers are saying:



““This book is a must-read for anyone who has ever experienced culture shock. It's full of helpful advice and insights.” - Our Book Library reviewer”



““I wish I had read this book before I went on my study abroad trip. It would have helped me so much to adjust back to life at home.” - Goodreads reviewer”

Free Download your copy today!

After The Trip: Unpacking Your Cross-Cultural Experience is available in paperback and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookseller.

About the author

I am a cross-cultural consultant and author with over 10 years of experience working with people from different cultures. I have lived and worked in over 20 countries, and I have helped hundreds of people adjust to new cultures.

I wrote this book to help people make the most of their cross-cultural experiences. I want to help people avoid culture shock and reverse culture shock, and I want to help them apply what they've learned to their lives back home.

Free Download your copy today and start unpacking your cross-cultural experience!



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