

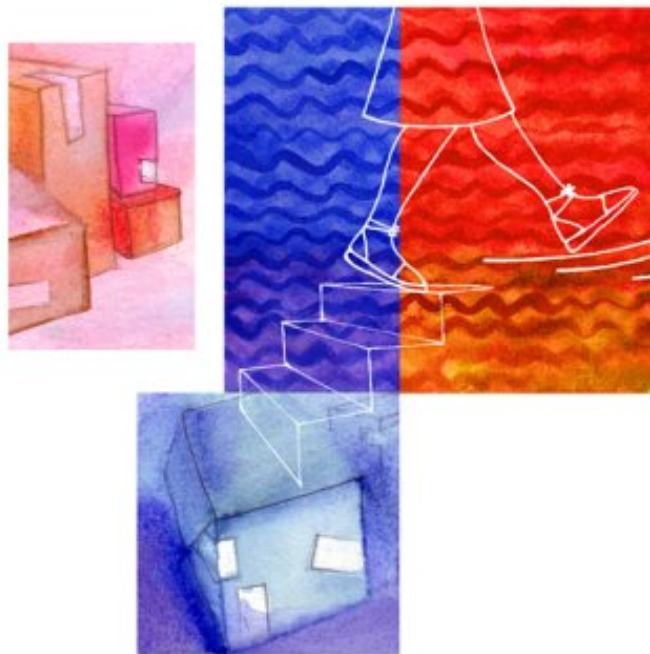
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Debra R. Bryson, Charise M. Hoge
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A Portable Identity

*A Woman's Guide to Maintaining
a Sense of Self While Moving Overseas*



Debra R. Bryson, MSW Charise M. Hoge, MSW

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fact, any time we make a major change in our careers or lifestyles, our identities get challenged, so the exercises and strategies set out in this nifty book would be useful. I highly recommend this book to anyone dealing with transition. 7 of 7 people found the following review helpful. Should be on every expat's book list! By Margaret E. Sondey Even though I didn't have any apparent serious difficulty with adjusting to my first expat experience, working through this book provided amazing insights to what had helped me as well as revealed some unknown areas where I needed to do some internal re-evaluation. This is an exceptional tool that should be given to every expat woman (first time OR long time) by corporate HR departments or government agencies as soon as an expat assignment is anticipated. Although you can work through some sections as soon as you learn about an expat assignment, you will gain just as much even if you begin after moving... or years into your expat experience! Working through "A Portable Identity" you feel as if you are in a small group discussion with Debra and Charise (the authors). By honestly sharing their own experiences and feelings, it enables the reader/writer to jumpstart her own evaluations. Especially for an expat in a location where there may not be many other support mechanisms, this is an invaluable tool. 3 of 3 people found the following review helpful. Should be in every expat's luggage! By Margaret E. Sondey Even though I didn't have any apparent serious difficulty with adjusting to my first expat experience, working through this book provided amazing insights to what had helped me as well as revealed some unknown areas where I needed to do some internal re-evaluation. This is an exceptional tool that should be given to every expat woman (first time OR long time) by corporate HR departments or government agencies as soon as an expat assignment is anticipated. Although you can work through some sections as soon as you learn about an expat assignment, you will gain just as much even if you begin after moving... or years into your expat experience! Working through "A Portable Identity" you feel as if you are in a small group discussion with Debra and Charise (the authors). By honestly sharing their own experiences and feelings, it enables the reader/writer to jumpstart her own evaluations. Especially for an expat in a location where there may not be many other support mechanisms, this is an invaluable tool.

A Portable Identity, written by two former expatriate women who are also counselors, educates and empowers women to take charge of the changes that result from an overseas posting. The most profound change a woman will experience when she moves overseas in support of her husband's career is within herself, to her own sense of identity. With two, three, or more years of an overseas assignment, a woman is faced with the formidable task of creating a life for herself in an unfamiliar country. Unlike any other book about overseas living, this book explains with clarity, candor and compassion, how a woman's identity is affected at each stage of the move. Through practical exercises and inspiring stories, the authors demonstrate how expatriate life offers a unique opportunity for personal growth. By using a model they developed called "The Wheel", the reader learns to shape her identity in a way that honors her sense of self while also allowing her to become more adaptable to change. The result is a more successful overseas experience and a "portable" identity that can thrive away from home.

"...this carefully crafted book ... gently guides the reader toward a knowledge of herself . . . to be comfortable in any environment." -- David R. Shlim, M.D., Jackson Hole Travel and Tropical Medicine, Jackson Hole, Wyoming (November 2003) A Portable Identity encourages a woman to take the time needed to get in touch with herself. -- Carol Usher, Tales from a Small Planet, (May 2004) Bryson and Hoge have given us an excellent plan of action to deal with . . . cultural adjustments in the overseas settings. -- Former Regional Psychiatrist, U.S. Department of State (November 2003) A Portable Identity does a thorough job of addressing the issue... of adapting to life overseas... a definite "must-buy"!" -- Foreign Service Lifelines (April 2004)