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earning an  
income, and

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insure you  
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learn how to  
live in a  
foreign  
country, but

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learn how to  
thrive. My name  
is Pierre Blake  
and I've lived  
in 7 countries  
in the past  
decade. Each  
move has had  
its own unique  
set of  
challenges to  
overcome. All  
of these

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streams, which  
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consistently  
with minimal  
effort to  
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stability, I

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can focus on  
pursuing the  
things that I  
want to, like  
learning more  
deeply about  
the cultures  
that I am  
living among,  
or pursuing my  
other passions.

How To Live  
Abroad and

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primarily  
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promotes an  
entrepreneurial  
lifestyle, but  
also discusses  
traditional  
jobs that  
afford the  
freedom to live  
abroad because  
I know not

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to make the  
most of life,  
no matter where  
in the world  
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strategies  
include  
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to live, how to  
learn languages  
quickly and  
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to achieve  
Optimum mind  
and body  
health, and  
more! What are  
you waiting

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now to remove  
your fears and  
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can be to make  
the move  
abroad! You can  
do it!  
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he travels  
everywhere from  
the Mayan  
pyramids to  
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powerful  
curiosity—and  
by a need to  
see, feel, and  
hear, firsthand  
and close-  
up—Michael  
Crichton's  
journeys have  
carried him  
into worlds  
diverse and com

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those  
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of risk and  
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narrative of an  
outsider caught  
up and deeply  
involved in an  
utterly alien  
culture. “The  
first  
introspective  
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the need to  
make the most  
of a diminished  
nest egg, more  
and more  
Americans are  
considering an  
overseas  
retirement.

Drawing on her  
more than three  
decades of  
experience

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*It's one thing to*



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*travel abroad—to  
stay in charming  
hotels and  
deliberate over  
whether to visit  
this museum or  
relax at that café,  
even to head off  
the beaten track  
for a glimpse of  
"real" life—and  
another thing*

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*altogether to  
move to another  
country. Expat*

*chronicles the  
experiences of  
twenty-two*

*ordinary women  
living*

*extraordinary lives  
in outposts as far  
flung as Borneo,  
Ukraine, India,*

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*Greece, Brazil,  
China and the  
Czech Republic. In  
vivid detail, these  
writers share how  
the realities of life  
abroad match up  
to the expat  
fantasy. One  
woman negotiates  
the rough  
courtesies of*

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*Serbia, finding  
lives limned by  
harshness and an  
insurmountable  
spirit. Another is  
tutored on English  
manners by an  
eclectic bunch  
from Liverpool:*

*"The cardinal sin  
in America is to be  
insincere, whereas*

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*the cardinal sin in England is to be boring." For some, their new home prompts them to reconnect or confront lost parts of themselves:*

*One woman rediscovers her Judaism—in Japan; another writer's*

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*Western outlook is challenged by Javanese mysticism. Many share their own naïve blunders and private confessions: a Thanksgiving dinner that doesn't translate in Paris, a sudden*

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*yearning for bad  
Hollywood films.*

*And all discover  
that what it*

*means to be*

*"American" is*

*redefined, again*

*and again. Expat*

*taps into the*

*bewilderment, the*

*joys and surprises*

*of life overseas,*

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*where the challenges often take unexpected forms and the obstacles overcome are all the more triumphant.*

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*circumstances,  
this collection  
offers a beautiful  
portrait of  
expatriate life.*

*Are you moving  
out from home  
and concerned  
about all the  
possibilities of not  
adapting to an  
unfamiliar*

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*environment? If  
you answered yes,  
don't worry, i had  
been there too.*

*The truth about  
how much  
frustration could  
be avoided when  
you move to*

*another country  
can shock you.*

*However, your*

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*shortcut to a  
better life abroad  
is just here, at  
your fingertips.*

*After 8 years  
living in different  
continents and  
cultures, i wrote  
the first no-*

*nonsense,  
straightforward  
guide to an expat*

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*life with less  
irritation and more  
accomplished  
targets. Attitude  
changes often  
spells the  
difference  
between failure  
and success. And  
the life overseas  
that you want is  
just few steps*

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*ahead! I want to  
turn YOU into the  
heavy artillery  
expat that will  
bring back home  
great stories and  
smiles. I want YOU  
to become the  
foreigner running  
on all cylinders  
while loved by  
those around. You*

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*already have what  
it takes to win.*

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*Move! From visas,*

*to job-hunting, to*

*cultural*

*assimilation, get a*

*head start on your*

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*move with Moon*

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Costa Ricas  
language and  
culture from  
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that suits your  
needs and budget,  
whether you're  
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and more Special  
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tips for those  
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making the move  
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with children or  
pets Moon Living  
Abroad Costa Rica  
takes the hassle*

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*out of planning  
your move, giving  
you the insider  
tips, practical  
resources, and  
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start your new life  
abroad!*

*Live every day  
with greater  
clarity, confidence  
and courage.*

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handbook for  
being more  
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its short, focused  
chapters provide  
practical tools and  
empowering  
perspectives to  
help you build*

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*your 'courage  
muscles' in your  
work,  
relationships and  
life. Drawing on  
her background in  
business,  
psychology and  
coaching, author  
Margie Warrell will  
guide you in  
moving past the*

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*fears, doubts and beliefs that keep you from making the changes, and taking the chances, you need to enjoy the fulfillment and success you desire. Courage is a habit. Practicing it daily, even in*

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*quiet small ways,  
unlocks new  
possibilities,  
creates new  
opportunities,  
grows your  
influence and  
enables you to  
meet your  
challenges with  
more resilience  
and self-*



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*assurance. So  
whether you're  
stuck in a rut,  
struggling in a  
relationship,  
overwhelmed by  
your daily juggling  
act or uninspired  
about your future,  
Brave will provide  
you with a regular  
dose of positive*

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*and practical  
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inspiration to:  
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Clarify what  
Women  
'success' truly  
Accompanying  
means to you, and  
Their Partners On  
be more  
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purposeful in your  
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daily efforts to  
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achieve it Speak  
up with greater  
confidence, and  
be more assertive*

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*in dealing with  
difficult people,  
getting what you  
want and*

*changing what  
you don't Define  
the person and  
leader you aspire  
to be, become*

*more resilient  
under pressure,  
decisive in*

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*uncertainty and  
adaptable to  
change Scrap the  
excuses (your  
age, education,  
gender, busyness  
or children) that  
sabotage your  
future actions*

*Dare more boldly,  
passionately  
pursuing the goals*

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*that inspire you  
most, no matter  
how daunting  
Courage begets  
courage. You build  
it every time you  
choose to leave  
the safety of your  
comfort zone for  
the sake of  
something more  
important. Day by*

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*day, brave action  
by brave action,*

*you can Brave*

*within you to*

*create a life rich in  
all that you seek.*

*If you want to live  
your life more*

*powerfully and*

*purposefully, this*

*book will become*

*your trusted*

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*Dreams with  
Dignity  
The Ups and  
Downs of Living  
Abroad*

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when you stick out  
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heart breaks after  
every vacation, You  
spent your  
childhood dreaming  
of living abroad, but  
don't know when

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you are going to  
take the leap, You  
have always thought  
you would retire  
abroad (why not go  
now?), You're tired  
of the politics,  
consumerism or  
5am starts, You are  
looking for  
somewhere safer for  
your kids (or your  
sanity!), You are  
tired of a dead-end

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job or career, You  
feel like you will  
never get to a place  
where you 'have  
enough', You know  
you want to move  
abroad but others  
around you think  
you have lost your  
mind. When you  
move abroad, you  
join nearly nine  
million other  
Americans who

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have decided to do  
the same. There is  
nothing magical that  
got them there and  
not you. They  
simply committed to  
the idea and  
followed a process.  
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you to that group of  
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sidestep expensive  
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pitfalls, and helps  
you get realistic  
about how to make  
your

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have to be hard,  
says prominent  
personal coach

Laura Berman  
Fortgang. We each  
possess an internal  
compass that



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calls a "best life"-a  
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life that awaits all of  
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Brandon is visiting  
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the 107th floor of the  
World Trade Center.

Out of nowhere, an  
airplane slams into  
the tower, creating a  
fiery nightmare of  
terror and  
confusion. And

Brandon is in the  
middle of it all. Can  
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escape? September  
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Wong's heartfelt  
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to her daughters (the  
two she put to work  
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everything they need  
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• New York In her  
hit Netflix comedy  
special *Baby Cobra*,  
an eight-month  
pregnant Ali Wong  
resonated so  
strongly that she  
even became a  
popular Halloween  
costume. Wong told

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the world her  
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stage but you sure  
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dads. The sharp  
insights and humor

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inevitable

confrontation with  
erectile dysfunction),

reconnecting with

her roots (and

drinking snake

blood) in Vietnam,

tales of being a wild

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Weekly "[Wong]  
spins a volume  
whose pages  
simultaneously  
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handbook as it is a  
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account of making a  
career in a male-  
dominated field,  
dating, being a mom,  
growing up, and so  
much more...Yes, this  
book is addressed to  
Wong's daughters,  
but every reader will  
find nuggets of  
wisdom and  
inspiration and,



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most important,  
something to laugh  
at.”—Bustle

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resident Julie  
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navigating the  
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language and  
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culture of this warm,  
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welcoming country,  
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and outlines all the  
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information you  
need to manage your  
move abroad in a  
smart, organized,  
and straightforward

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from? These sound  
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questions, but for  
millions of people

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around the world today, they have no simple answer. One in ten Canadian, British and Swiss citizens live abroad, as do 7 million Americans and 20 percent of New Zealanders. Who are all these people, and why are they leaving

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that defies age-old  
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categories like  
"home" and  
"abroad" or  
"expats" and

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"immigrants."  
Roamers are the great "other" living around the planet today, moving from country to country with an ease and speed that was unheard of thirty years ago. But this new phenomenon raises questions for



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us all: How can  
societies cope with  
this constant flux?  
Can you really be at  
home abroad? What  
are the pleasures  
and pitfalls of living  
as a roamer? In this  
clever and timely  
anatomy of roaming,  
CM Patha  
crisscrosses the

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globe to cover these  
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questions and ends  
up uncovering many,  
many more.

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Roaming is a must-  
read for anyone who  
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lifestyle and what it  
means for  
governments,  
societies, and

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roamers themselves.

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who grew up in an  
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insular conservative  
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town in New Jersey,  
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was enjoying early  
success as a  
journalist for a high-  
profile New York  
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though, the  
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the chaos of world  
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events and the  
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response at home  
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took on pressing  
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urgency for her.  
Guidance  
Seeking to  
understand the  
Muslim world that  
had been reduced  
to scaremongering  
headlines, she

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**moved to Istanbul.**

**Hansen arrived in**

**Istanbul with**

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**city perched**

**between East and**

**West, and with a**

**naïve sense of the**

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**years of living in**

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in Greece, Egypt,  
Afghanistan, and  
Iran, she learned a  
great deal about  
these countries and  
their cultures and  
histories and  
politics. But the  
greatest, most  
unsettling surprise  
would be what she  
learned about her  
own country—and  
herself, an American

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don't begin and end  
with culture shock.  
If you're planning a  
move abroad, you  
need to prepare  
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unique pressures,  
anxieties and  
personal and family  
problems common  
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your bed." Fred

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nomad or  
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could be huge  
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have answers. By  
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legally lower their  
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more fulfilling in  
the UK than in the  
USA? Is Indian  
food really smelly?  
If Singapore is  
close to India, why  
do people aspire to  
go to far-off  
countries like  
Australia or New  
Zealand? Canada is  
inviting skilled  
immigrants in**



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**to make their own  
dreams take shape.**

**With his expertise,  
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get the information  
they need on visas,  
money, jobs,  
housing, health,  
language, culture,  
and history.**

**INSTANT  
NATIONAL  
BESTSELLER A  
New York Times**

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**Notable Book \***

**Named a Best Book  
of the Year by**

**Vogue, TIME, and**

**Marie Claire “A**

**manifesto to  
happiness—the one**

**found when you  
stop running from**

**who you are.” -New**

**York Times Book**

**Review “An**

**extraordinary**

**book, acrobatic on**

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**the level of the  
sentence,  
symphonic across  
its many  
movements—and  
this is a book that  
moves...My Year  
Abroad is a wild  
ride—a caper, a  
romance, a  
bildungsroman,  
and something of a  
satire of how to get  
filthy rich in rising**



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**Asia.” - Vogue**

**From the award-winning author of Native Speaker and On Such a Full Sea, an exuberant, provocative story about a young American life transformed by an unusual Asian adventure - and about the human capacities for**

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Women  
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Their Partners On  
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**pleasure, pain, and  
connection. Tiller  
is an average  
American college  
student with a  
good heart but  
minimal  
aspirations. Pong  
Lou is a larger-  
than-life, wildly  
creative Chinese  
American  
entrepreneur who  
sees something**

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Guide Series

**intriguing in Tiller  
beyond his bored  
exterior and takes  
him under his  
wing. When Pong  
brings him along  
on a boisterous  
trip across Asia,  
Tiller is catapulted  
from ordinary  
young man to  
talented protégé,  
and pulled into a  
series of ever more**

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**extreme and eye-opening experiences that transform his view of the world, of Pong, and of himself. In the breathtaking, “precise, elliptical prose” that Chang-rae Lee is known for (The New York Times), the narrative**

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**alternates between  
Tiller's outlandish,  
mind-boggling year  
with Pong and the  
strange, riveting,  
emotionally  
complex domestic  
life that follows it,  
as Tiller processes  
what happened to  
him abroad and  
what it means for  
his future. Rich  
with commentary**

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**on Western  
attitudes, Eastern  
stereotypes,  
capitalism, global  
trade, mental  
health,  
parenthood,  
mentorship, and  
more, My Year**

**Abroad is also an  
exploration of the  
surprising effects  
of cultural  
immersion—on a**

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**young American in  
Asia, on a Chinese  
man in America,  
and on an unlikely  
couple hiding out  
in the suburbs.  
Tinged at once  
with humor and  
darkness, electric  
with its  
accumulating  
surprises and  
suspense, My Year  
Abroad is a novel**

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And Tools For  
Women  
Accompanying  
Their Partners On  
An International  
Move. The Reality  
Guide."

Elizabeth P.,  
Elite Editor. Although  
good numbers are  
hard to calculate,  
reliable sources

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estimate that more than 3 million Americans each year decide to try living in another country. Most of them are not making a political statement; some move abroad for economic reasons, some to start a new life or "re-invent" themselves, and some are just seeking

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new experiences. In  
Resources Tips  
the wake of  
COVID-19 and  
Women For  
contentious politics,  
that number is likely  
Accompanying  
to increase. With over  
Their Partners On  
200 published articles  
An International  
in the international  
Move The Reality  
travel/retirement field,  
Covid Series  
three books about  
travel, and a dozen  
presentations at  
international  
retirement

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conferences on his  
resumé, the author is  
uniquely qualified to  
bring you an

unvarnished look at  
the challenges,  
pitfalls, and possible  
rewards of expat life.

This is not a how-to  
book, or even a why-  
to. Instead it is an  
honest look at some  
of the questions and  
myths about living

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overseas, using entertaining and informative real-life examples to illustrate what is true and what is not so true. The goal is to provide the reader with the good and the bad - not to persuade you to become an expat or not - but to give you enough insight to decide what might be

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best for you.

Resources Tips  
And Tools For  
Women and Randall  
Wood know what it  
takes to make the  
move to Nicaragua —  
both have left the U.S.  
to make their homes  
there. In Moon Living  
Abroad in Nicaragua,  
they share their  
firsthand advice on  
transplanting to



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Nicaragua, ensuring that you have all the tools you need to navigate the ins and outs of the moving process. The guide is packed with essential information and must-have details on setting up daily life, including obtaining visas, arranging finances, gaining employment,

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choosing schools, and  
finding health care.

Berman and Wood

also include practical  
advice on how to rent

or buy a home for a  
variety of needs and

budgets. With

extensive color and  
black-and-white

photos, illustrations,  
and maps, Moon

Living Abroad in

Nicaragua will help

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you find your bearings  
as you settle into your  
new home and life  
abroad.

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names in

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writing reveal the  
perils and pleasures  
of exchanging the

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foreign.

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early retirees, and

even established  
executives, midlife is  
the ideal time to turn  
travel fantasies into  
real and rewarding

experiences. This  
second edition of THE  
GROWN-UP'S  
GUIDE covers  
estimating cost-of-

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dos and don'ts of  
international health

care, the boom in  
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more. Whether

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escape or a whole

new life in another  
country, this

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encourage mature

would-be expats to

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adventure they've  
been craving. An  
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long to live or retire in  
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featuring information  
on choosing a  
destination, readying  
finances, working,  
and keeping the  
stateside home fires  
burning. Detailed

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advice is interspersed  
with lively and

inspiring anecdotes

from the author's own

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How to Travel the

World and Live  
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Abroad as an Expat

While Embracing  
Being an Introvert

***This***

***introduction to***

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Resources Time  
All Those For  
Heading off to  
work overseas,  
whether they are  
teachers,  
professionals,  
volunteers or  
diplomats.  
Are you  
returning "home"  
after living,  
working or

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**studying abroad?**  
**Warning: for**  
**most people, re-**  
**entry**  
**(repatriation)**  
**is the hardest**  
**part of the**  
**entire abroad**  
**experience. The**  
**Re-entry Roadmap**  
**creative**  
**workbook is**  
**designed to take**  
**you by the hand**

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**and guide you**

**through the**

**challenging**

**"moving home"**

**transition with**

**love and humor.**

**Filled with**

**fresh insights,**

**thought-**

**provoking**

**activities, and**

**actionable**

**advice, the Re-**

**entry Roadmap**

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**gives you the  
keys to a  
successful re-  
entry by helping  
you: - Process  
your complex  
emotions -  
Navigate  
changing  
relationships -  
Adjust forwards  
(no going  
backwards here!)  
- Articulate**

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*what you learned  
and experienced  
abroad - Reflect  
on who you are  
now - Identify  
your Global Life  
Ingredients This  
lively and  
engaging guide  
then shows you  
how to put what  
you've learned  
about yourself  
into a plan of*

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**action - your  
"Forward Launch"  
- and for living a  
beautiful,  
meaningful, and  
satisfying  
global life that  
you love no  
matter where in  
the world you  
are. Whether  
you're just  
about to return,  
are in the**

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***middle of the re-  
entry transition  
or have been  
back a while,  
the Re-entry  
Roadmap will  
help you find  
confidence,  
clarity, and  
connection in re-  
entry. The Re-  
entry Roadmap  
workbook is  
perfect for:***

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scholars Rotary  
scholars  
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school teachers  
Study abroad  
students Service-  
learning  
students Gap  
year students**



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**Embassy workers  
Missionaries**

**Military**

**families Solo,  
family, and long-  
term travelers**

**One thing that  
bonded Mona,  
Meera and Sheila  
were their**

**evening walks.**

**This was the  
time they talked  
about their**

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And Tricks For  
Women  
Accompanying  
Their Partners On  
An International  
Move. The Reality  
Could Surprise  
You

**families and  
work,  
responsibilities  
and challenges.  
Then slowly  
things began to  
change, and it  
was not long  
before they  
began talking  
hot flashes,  
heavy bleeding,  
sudden weight  
gain and other**

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**scary symptoms.**

**They thought**

**these were**

**issues that they**

**need to live**

**with as they**

**aged. Enter**

**Doctor Dua, an**

**experienced**

**gynecologist who**

**takes all of**

**them under her**

**wing and helps**

**them understand**

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*and deal with  
their individual  
symptoms and  
more. From  
physically  
taking care of  
oneself to  
mental  
adjustments, she  
changes their  
perception from  
the fear of  
Menopause to  
treating it as*

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*another phase in  
their lives-one  
which they can  
enjoy  
uninhibited!  
Live Your Best  
Life is a  
gentle, friendly  
guide to  
negotiating  
Menopause and  
living a  
fulfilling life  
both in body and*

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*in mind.*

*Imagine handing  
over your  
passport in  
Saudi Arabia,  
being sent away  
with the 'women  
and children' in  
an evacuated  
from Congo,  
catching a ride  
on the back of a  
stranger's  
motorcycle in*

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***China, getting  
closer than you  
ever thought  
with your***

***Italian mother-  
in-law, learning  
Arabic in a  
Syrian mosque,  
finding yourself  
at a dinner***

***party with your  
husband's  
colleague and  
his multiple***

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For  
Women  
Accompanying  
Their Partners On  
An International  
Move The Reality  
Grid Says

**wives, or using  
your second  
language to  
teach another  
grown woman to  
use a  
tampon. Life  
abroad is an  
adventure. It  
can be both  
exhilarating and  
terrifying, and  
sometimes there  
seems to be no**



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Of The Series

***middle ground.  
One thing is  
for sure, living  
in a country  
other than your  
own is anything  
but  
ordinary! These  
pages are filled  
with stories  
from woman who  
have shared the  
highs and lows  
of living***

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**abroad. The  
feelings are  
strong and real  
on these pages;  
covering love,  
loss, friendship  
and lessons  
learned across  
the continents.**

**Moon Living  
Abroad Costa  
Rica**

**Keep Your Life,  
Family and**

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Victoria Day-  
Wilson has all  
the insight and  
know-how on  
settling down in  
Belize—she's  
made the move  
there herself.

*In Moon Living*

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*offers*

*straightforward,*

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*teachers,*

*retirees, and*

*professionals*

*can make a*

*smooth*

*transition to*

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*living in this  
increasingly  
popular  
destination.*

*Moon Living  
Abroad in Belize  
is packed with  
essential  
information and  
must-have*

*details on  
setting up daily  
life, including  
obtaining visas,*

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employment,  
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needs and  
budgets. With

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extensive color  
and black and

white photos,

illustrations,

and maps, Moon

Living Abroad in  
Belize will help

you find your

bearings as you

settle into your

new home and

life abroad.

"So, when I had  
an opportunity



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*to relocate, I  
didn't hesitate  
for one  
second... and  
here I am." So  
begins the story  
of many expats  
as they are told  
in the pages of  
this book. With  
the Internet's  
increased  
accessibility,  
many blogs have*

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*been created and  
expats have  
embraced this  
new medium of  
communication in  
order to share  
their  
experience.*

*Since 2011,  
BlogExpats.com  
has been a  
public voice for  
many expat  
bloggers through*

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regular  
Resources Tips  
interviews  
published on the  
website. This  
book offers a  
small number of  
them that we  
have selected  
for you. Those  
interviewed have  
become expats  
for a number of  
different  
reasons. Many

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*are attracted by  
the idea of*

## Resources Tips And Tools For Living In a

## Women

*foreign country.*

*What is abroad?*

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*Is the grass  
greener*

*elsewhere? How*

*do people live*

*there? What are*

*their customs?*

*How would I live*

*in this country?*

*We imagine*

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*throughout the  
different  
stories that  
ties with family  
or friends are  
not as  
undermined as  
they might have  
been a while  
ago. Internet,  
Skype and social  
networks have  
reduced the  
distance between*

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people. The long-  
distance

disappears and  
kilometres are

no longer an  
obstacle. These

interviews are  
snapshots; they

express opinions  
delivered at one

time and they

may have evolved

later. Comments

reflect the

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thoughts of  
their author at  
that moment,  
with their share  
of subjectivity.  
You must read  
this book as a  
photo album,  
allowing you to  
discover a world  
view, at a given  
angle. PREVIEW  
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Women  
contemplating if

you should  
relocate to  
another country

or not And Are  
you thinking,

"what country  
should I

relocate to?" Do  
you want: To be  
in a country



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*where you can  
have a better  
life. To live in  
a stable economy  
where there are  
better security  
and  
opportunities.  
To try something  
new and  
exciting. - To  
move closer to  
your family,  
friend, or*

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*partner living  
abroad Then,  
this book is for  
you. With*

*Relocating  
Abroad, you can  
achieve your  
dream of living  
in another  
country faster*

*and choose the  
best country  
with the most  
opportunities*

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*for you and your  
family.*

## Relocating For

*Women provides  
a detailed guide  
to choosing the  
country which  
appeals more to  
you. The basis  
is simple: Enjoy*

*a happier,  
healthier, more  
fulfilling life  
than you could*

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*possibly afford  
in the U.S. by*

*finding the  
right overseas*

*country. It  
sheds light on  
the top 10*

*countries in the  
world where you  
can live a*

*better life.*

*This book is  
designed as a  
comprehensive*

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Resources Tips  
And Tools For  
Women  
Accompanying  
Their Partners On  
An International  
Move The Reality  
Guide Series

*guide to moving  
abroad in order  
to live a more  
fulfilling life,  
with advice and  
specific country  
details of the  
best countries  
to live. With  
it, your desire  
to move to  
another country  
will be  
nourished. And*

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*you will be  
inspired to make  
the critical*

*decision of  
whether to move  
or stay in your  
present  
environment*

*This book serves  
to advise and  
encourage those  
who have a  
burning desire  
for adventure.*

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Stepping out of  
Resources Tips  
zone is never  
And Tools For  
Women. Real life  
stories are  
Accompanying  
shared in this  
Their Partners On  
book as a method  
An International  
of giving  
Move The Reality  
navigation and  
Guide Series  
survival tips,  
to those who  
dare to step in  
to the unknown.  
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Advice for  
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Women  
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Their Partners On  
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*Women*

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Their Partners  
An International*

*on an  
International*

*Move  
Move Series*

*Challenging the  
Myths of Expat  
Life*

***Minimalism is the***

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*thing that gets us  
past the things so  
we can make room  
for life's most  
important  
things—which  
actually aren't  
things at all. At  
age 30, best  
friends Joshua  
Fields Millburn &  
Ryan Nicodemus*

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*walked away from  
their six-figure  
corporate careers,  
jettisoned most of  
their material  
possessions, and  
started focusing on  
what's truly  
important. In their  
debut book,  
Joshua & Ryan,  
authors of the*

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*popular website  
Resources, Tips  
The Minimalists,  
And Tools For  
Women  
explore their  
troubled pasts and  
descent into  
depression.*

*Though they had  
Accompanying  
Their Partners On  
An International  
Move, The Reality  
Guide Series  
achieved the  
American Dream,  
they worked  
ridiculous hours,  
wastefully spent*

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*money, and lived  
paycheck to  
paycheck. Instead  
of discovering their  
passions, they  
pacified  
themselves with  
ephemeral indulge  
nces—which only  
led to more debt,  
depression, and  
discontent. After a*

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*pair of life-  
changing events,  
Joshua & Ryan  
discovered  
minimalism,  
allowing them to  
eliminate their  
excess material  
things so they  
could focus on  
life's most  
important "things":*

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*health,  
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inevitably surface  
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Powerful Women  
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research, your  
gut's telling you to  
go, and you've  
finally made your  
decision: you're*

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foreign country. It  
all sounds  
wonderful except  
for one, minor  
detail. You're an  
introvert. Now, the  
idea of living in a  
foreign country,  
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language,  
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*complete strangers  
(in another  
language!), and  
navigating all the  
cultural nuances of  
a new place are  
really freaking you  
out. But whatever  
you do, do not  
refund your ticket.  
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this book and*

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*realize that you're  
going to be just*

*fine. In fact, it's*

*going to be better  
than that. You're*

*going to thrive as  
an introverted*

*expat. But here's*

*the thing. It won't*

*happen overnight.*

*You're going to*

*need some tips,*

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*tricks and  
strategies. You're  
also going to need  
a good  
understanding of  
who you are and  
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friendships and fell  
in love with freshly  
baked breads. Her  
latest move? A  
transatlantic leap  
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she's spent the  
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*eating with the  
locals at little  
trattorias. In  
addition to her  
German and  
Italian love affairs,  
Marie's had  
opportunities to  
observe and  
engage with  
people from all  
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