

Prevent Loneliness, Boredom, and Depression Caused by Relocation *and* Overcome Them After the Move with The Learn to Feel at Home Anywhere in the World Program!

Expats, Relocating Professionals, and Trailing Partners: Are you tired of that empty feeling that comes with uprooting your lives every time you move? Do you want to meet new friends, discover activities you love, find meaningful employment, and fit in at the workplace all while avoiding relocation depression?

Everything you need to know is wrapped up in this one neat little package so get ready to learn:

- ✓ **Techniques and unique Resources for making new friends and building a network of lasting relationships**
- ✓ **How to stay happy by finding activities you love**
- ✓ **How *your* unconscious needs influence your opinions about the culture into which you're moving**
- ✓ **How to prepare for and tackle marital/relationship challenges if you're involved or how to prepare for dating in a foreign culture if you're single**
- ✓ **How to prepare for essential cultural differences that will shock you**
- ✓ **How to succeed in the workplace – What you're doing now won't work!**
- ✓ **How to find purpose and value in meaningful work as a Trailing Spouse or Partner**
- ✓ **How to enjoy yourself – don't overlook the value of recreational time!**



How to avoid or overcome depression that often accompanies relocation

No matter how well you **think** you've planned for every eventuality, moving to a new city or country can easily overwhelm you.

Many expatriates find themselves alone, depressed, and clinging to connections back home rather than embracing their new lives with vigor. Not only does this affect their personal lives but it can easily destroy their work environment and performance as well (which is often the reason for the move in the first place!)

It's easy to overlook the negative effects a move can have in the excitement of preparation and daydreams of what your new life will be like. However, with a little preparation, you can slip into your new life with ease and make the most of this exciting experience!

I've been in your shoes!

Hello,

My name is Heather Markel and I know just how hard starting a new chapter in your life can be. In the last 25 years, I've relocated several times to places all over the world. It can be difficult to say the least.

In that time, I've also seen many friends head off on grand adventures with high expectations of new lives in foreign lands and an unrivaled sense of excitement only to find themselves alone, depressed, and too homesick to enjoy the wonderful experiences they'd been dreaming about.

It's a symptom of culture shock that people just don't plan for and it can destroy any chance of a happy life.

I myself have felt that alienation and depression. The first time I moved to Paris, I thought things would go smoothly. I'd studied there, spoke the language, and assumed I could just "fit in." Was I ever wrong!

Finding a place to live was a nightmare! The rental agency wanted a check from a French bank but I couldn't open an account without a utility bill with a current address on it! After days of bureaucratic red tape I finally got "settled" into my new place only to find I had no friends and nothing to do outside of work! To top it off, I'd decided to move during Paris's "rainy season" so every day was gray and overcast compounding my gloomy outlook.

The experience left such a sour taste in my mouth that I just wanted to move back home. Sound familiar?

Let Me Help You Overcome the Hardships Which Accompany Relocation!

It's Never Too Late to Turn Trials into Triumphs

Over the years, during my many personal relocations, I began spotting trends and soon discovered the secrets to making a successful transition and I want to share them with you.

My Secrets to Successful Relocation:

1) Don't Let Fear of New Experiences or Failure Hold You Back

When I was a teenager, I moved from the heart of New York City to a farming village in Normandy, France. I went from riding the subway to milking cows!

I spent the first week in tears because the language and the lifestyle were so completely alien.

However, when I began speaking with my host family and others (even though my French was barely passable) and opened up to new experiences, my depression turned into excitement and I've never had a better time making new friends.

Tip – Give yourself permission to make mistakes. Every language has a learning curve as does every culture. Stepping outside your comfort zone is essential to making new friends.

Turns out, milking cows is fun!

2) Your Work Environment Will Never Be the Same (Even Within the Same Company)

I worked in Switzerland for a while and was amazed by how aloof my coworkers were outside the office. It was odd because during working hours we spoke often, joked, and told stories but when quitting time came they never invited me anywhere and I was often left alone with nothing to do.

In Paris, my office mates rarely spoke to me during working hours and I often felt overlooked. However, one day when I was invited to lunch, my experience changed completely. Outside the office everyone was so friendly and open and I spent those long lunch hours, late afternoons, and Parisian evenings making unbreakable friendships I still cherish today.

Tip – When in a new environment, observe and be willing to adapt your customs and expectations to those of your new friends. It makes fitting in so much easier. Don't expect them to change or else you may be waiting a long time.

3) Bureaucracy is the Same the World Over

Having lived with a host family in France, I figured my first official move to Paris would go smoothly. However, the complete and total frustration of the red tape involved with finding an apartment in which to live nearly had me hopping on a plane back home.

The place I found was a rundown studio apartment with a single bathroom . . . in the hallway! (It was an embarrassing experience coming down with the flu and barely managing to make it there.) There were roaches and the landlord was completely unsympathetic.

Tip – Instead of getting stressed out by all of the minor challenges of everyday life, remember where you are and what you’re doing. Keep your head on shoulders, take care of yourself and it also helps if you have a good sturdy sense of humor.

4) Friends Make a House a Home

When you relocate, you can’t always take your friends with you. So when faced with the daunting challenge of making new friends, many expatriates totally forgo new relations and resort to holding on to those they’ve left behind. Unfortunately, the internet and email have made this easier than ever before.

I fell prey to the very same actions and found myself crying at night and wanting to call someone, anyone, back home to just hear a familiar voice but couldn’t because back home it was the middle of the night!

What did I do? I joined a German Language class and a French Cooking class that were offered by the local adult education program. Not only did I learn a new language (and not to burn dinner to a crisp) but I made friends with a great bunch of people who had the same interests as I did. Having a strong social network is essential for making transitions as smooth as possible.

Tip – Try new things and make new friends – even if you have to force yourself to do it!

5) Don’t Forget About the Weather

Paris is a gorgeous city full of great people, wonderful experiences, and artistic roots that run deep. However, it rains . . . a lot.

When I moved there, I hadn’t counted on that fact and it was impossible not to notice the change in the weather pattern. In fact, it was so noticeable that I could actually feel the grey rainy days weighing me down.

However, I took a bit of advice from a Parisian friend and went out and experienced all the city (and the rest of Europe) had to offer . . . with an umbrella in hand. After building some solid friendships, I forgot all about the rain!

Tip – Know what type of climate you’re moving into! It will determine everything from the clothes you wear to the activities in which you can participate.

Preplan Now to Decrease Stress and Avoid Isolation

Creating an existing network of friends, activities, and cultural understanding is essential to making your move as smooth as possible. Everybody holds onto the romantic dream of just uprooting themselves and moving. They think they can just plant feet on soil, find a quaint cottage or cozy apartment, and slip right into their new lives without a hitch.

That's never the way it works!

Many of my friends have tried that - even after I've warned against it - only to have months later become captives in apartments that once felt cozy, surrounded by piles of still-packed boxes, with nothing more to do than work and watch the paint peel.

What do many of them do? They turn to the TV and the internet just to hold onto something familiar and comforting. It's easier than confronting their problems but it's the worst thing they could do. It leads to isolation and loneliness which can slide into depression if not checked in time.

By having a "safety net" in place before you ever set foot on in your new city, town, or country you prepare yourself for success and eliminate the stress.

(Here's my free report which shows you how to avoid the 7 biggest mistakes people make when relocating.)

These Simple Tips and Techniques Can Turn Your Moving Experience from Tragedy to Triumph!

Having battled through the sadness, loneliness, and isolation that can accompany any move, I feel obligated to help you make the most of your move and avoid those nasty complications. I want you to have a joyful transition and enjoy your new life to the fullest. That's why I personally guarantee that this program will give you great ideas you can use RIGHT NOW to prevent dislocation and depression if you are planning a move, or even reverse the tides and transform those negative feelings into joy even if you're currently by yourself in an alien environment.

Don't wait until you find yourself alone in a strange situation or that depression deepens—Act Now to build a secure foundation for your new life and ensure your happiness!

Have a look at what you'll find inside this one-of-a-kind resource!

The "Learn to Feel at Home Anywhere in the World" Program includes:

- An MP3 audio download and transcription (as a .PDF file) so you can learn these essential techniques by listening or reading, whichever you choose.

- Easy-to-use steps that will ensure you can easily create a solid foundation and transition effectively into your new life.
- Resources you can use during each stage to ensure your success.
- Action Guides to reinforce the specific strategies you'll uncover inside.

**Normally sells for ~~\$49.97~~,
available for a 20% discount for a
limited time only. That's \$39.97!**

Your FREE Bonuses!



Free Bonus #1 (\$34.97 Value): "Relocation Success Story #1" MP3 audio download AND transcript. You'll learn how one of my clients moved to New York City with no friends, no family, no job, and ended up creating a brand new life for herself! ([Click here to read more](#))



Free Bonus #2 (\$10 Value): "The Learn to Feel at Home Cheat Sheet" - to help you remember the key highlights of the program!



Free Bonus #3 (\$10 Value): Moving Checklist! Not your average list, this will remind you of the most important things you **will overlook** as you pack those boxes!



Free Bonus #4 (\$15 Value): "The Learn to Feel at Home Journal" - a PDF download to help you start thinking about the biggest changes you will be going through. Reprint it and use it over and over for every transition to see how far you've come along!

**** BONUS #1 ****

The Relocation Success Story MP3 File and PDF Transcript



This Success Story is so inspiring! Having left a very close family and childhood friends behind to relocate to New York City with nothing, one of my clients was able to create an amazing network of friends, find a job, discover amazing parts of the city (and even meet America Ferrara - star of "Ugly Betty") after stepping outside her comfort zone! Listen in and learn how . . .

"The tips on Heather's interview are amazing!"

"This interview was so beneficial! My cousin just got a job in another city, where she knows no one, and the tips on Heather's interview were amazing! By using the strategies Heather discusses, my cousin has reached out to a local church/school where she was hired as a teacher to help her with the apartment search in a safe area. She's also taking the time to find out what the community offers. **The ideas Heather discusses when it comes to starting up a social foundation were excellent**, and I'm helping my cousin to reach out to our family for additional contacts in the area she's moving to. **All of these ideas and actions are helping her relocation go smoother!** Thanks for the tips - **I would recommend that anyone who is, or has relocated, listen to this interview.**"

Becki K.

The Success Story interview is designed to help you blossom in your new home. The files let you hear first-hand the challenges you'll face, and some excellent ideas on how to confront them head-on even before you move!

You'll also discover tons of ideas and resources for creating a foundation after you arrive and what challenges to expect and overcome. You'll learn the different foundations you need to set up in order to feel at home in a

new place and how to get Positive Reinforcement when you're on the right track!

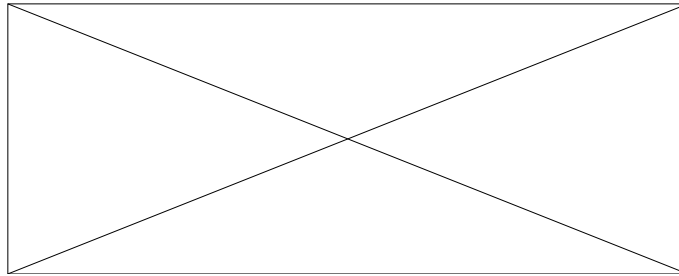
See how much you can change your life by stepping outside your own comfort zone!

This interview will leave you inspired, and give you additional ideas to complement the “Feel at Home Anywhere in the World” program.

**** Limited Offer ****

All Together, this package is worth over \$100, but it's yours for only \$39.97!!

\$120 value - yours for only \$39.97!



YES Heather, I am ready to learn what I need to do to ensure I set up a foundation to ensure that I have friends, activities I love, learn to fit in and MORE!

I want to place my order NOW!



YES I want to get my copy of the Learn to Feel at Home Anywhere in the World eCourse MP3 and PDF files and all the bonuses that come with it, including the Success Story Interview (a

fantastic product all on its own!)

✓ YES I understand that I am buying all these products - at nearly a 65% discount - for the unbelievably low price of \$34.97!

✓ YES I understand this program can help me before ***and after*** I relocate!



I want you to be 100% satisfied! If you aren't satisfied, simply contact me within 14 days of your purchase and I'll give you a full refund!!

[BUY NOW](#)



P.S. - If you haven't relocated yet, then now is the perfect time to start implementing these strategies to create a foundation for yourself. They'll help you avoid becoming isolated, frustrated, lonely, and even depressed!

If you're already in-country, and at the "now what do I do?" stage, then this program holds all the answers!

These techniques and tips will get you out of the rut you're in and help you start loving your new life!

Get your copy of the Learn to Feel at Home Anywhere in the World program and start your journey to a successful relocation NOW!