



The impact of expatriation and Parisian life on your couple

Check Into France 2018

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+ I'm drowning!!!





How can I navigate
+ these rough seas?

+ Resilience!!!



+ Resilience!!!



- A couple that functions well fosters resilience as it is a buffer against loneliness and stress (research).
- And can make life very satisfying!
- With so much to do, we tend to neglect our own needs and the needs of the couple.
- REACH instead of pushing away (complaining) or withdrawing.

+ Stay connected





In a high pressure
life...

You can be
each other's
port of call
and safe
harbor.



+ To contact us



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