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For immediate release

Candid Interviews Reveal Depression in Expatriate Wives

SOUTHFIELD, Mich., March 31, 2008 – Mexican wives discuss their battle with depression and other adjustment issues in a book entitled, *The Realization: The Candid Conversations of Mexican Expatriate Wives Living in Michigan*.

The wives have a heart-to-heart with the interviewer and author, Christina Thorpe, about how their lives have changed since leaving Mexico to follow their partner's career. Thorpe says the interviews uncover varying degrees of depression often brought on by isolation, fear of speaking English, discrimination or any of the myriad of issues facing expatriate wives.

Celia, one wife who has a particularly difficult time adjusting, talks about her mental and physical state after living in Michigan for 11 months.

"My back, my neck and my head hurt a lot because of the stress. Sometimes, I cannot get out of bed in the morning. I feel tired and weak. I am always expecting something new to happen..."

Thorpe says that while it is normal for the wives to experience some anxiety, a situation such as Celia's can have serious implications for the well-being of the entire expatriate family, and in some cases, cause a premature return to Mexico.

According to Thorpe, the purpose of the book is to help women like Celia adjust to living in Michigan by providing them with a tangible, language-appropriate resource and a sense of community, and also to encourage companies to use creative ways to help global employees and their families.

"Each year, American relocation companies receive millions of dollars to help transfer their clients' expatriate families, and while most do a fine job finding the family a house or locating their nearest grocery store, they could improve their services by endorsing certified language training programs, innovative intercultural resources and ongoing family support," Thorpe argues.

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Christina Thorpe is a cross-cultural and Web design consultant in Toronto, Canada. She worked as a language trainer for a Michigan-based global relocation company, and spent eight years living abroad as an expatriate spouse. She studied and conducted expatriate research as a graduate student in the Technical and Professional Communication program at Lawrence Technological University in Southfield, MI. Her book, *The Realization: The Candid Conversations of Mexican Expatriate Wives Living in Michigan*, is available in Spanish at www.cafepress.com/cae_el_veinte and in English at www.cafepress.com/the_realization.