

divisions of the Personnel Branch is the second. They provide the element of control to offset the vagaries of the assignment process.

The conclusions expressed in this booklet are based on twenty-five years of personal observation and experience in the Canadian foreign service. During this time I raised a family, dabbled at several careers, took dozens of courses, produced feasts for hundreds of guests and wore out eight sets of luggage. I have read books written by experts (they had degrees in psychology instead of biochemistry) and found their conclusions no more insightful than my amateur ones.

Since the first version written in 1985, my views have mellowed somewhat and I have sense enough to know that there is no one answer for everyone. How you cope with rotationality is your choice; what works for one may not work for another. What is universal is that choices have to be made and a solid foundation of information is the best starting point.

Relax, enjoy. There is no other life like it.

Laurel Pardy
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