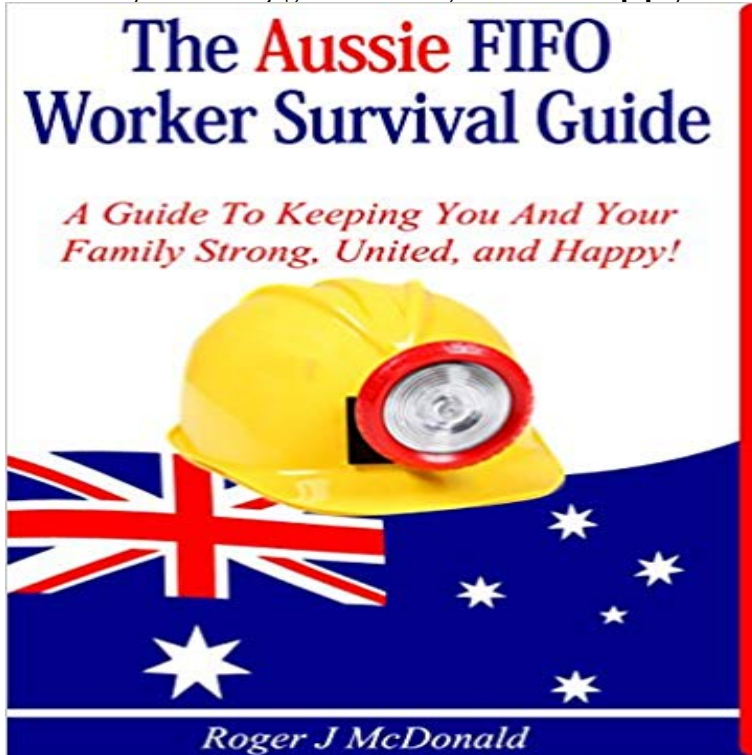


# The Ultimate Aussie FIFO Survival Guide: How To Keep You And Your Family Strong, United, And Happy!



Do Not Let You And Your Family Be A FIFO Casualty! Buy This Book Right Now! **BENEFITS FROM READING THIS BOOK!** Increase awareness about how to keep you and your family strong Avoid the mistakes many people and families make in FIFO by being knowledgeable! Plan ahead, get educated, work smarter not harder! Take charge of your life rather than letting work always run the show Keep your relationships strong by keeping your communication channels strong and much more... Also an opportunity to engage with Roger McDonald from [rogermcdonald.net](http://rogermcdonald.net) In This Book You Will Learn... The Aussie FIFO Worker Survival Guide: How To Keep You And Your Family Strong, United, And Happy! Chapter 1: Fly In Fly Out Work Practice An Overview What is FIFO? History of FIFO Factors that contribute to the increased FIFO operations FIFO accommodations and living conditions The FIFO workforce Chapter 2: What Are the Benefits of FIFO? Financial incentives Extended leave More job opportunities Job flexibility Little disruption to your familys normal life Ideal for employees without families Chapter 3: Impacts on the FIFO employee Feelings of isolation Mental health problems Changes in mood Addiction and substance abuse Health problems Feelings of social awkwardness Chapter 4: Impacts on Family and Relationships On your family as a whole On your partner and your relationship On the children, your parenting, and your relationship with them Chapter 5: Ways for Individuals to Survive Their FIFO Job Create specific goals Plan everything before you leave Talk with your partner or a close friend Continue your activities at home Take up a new hobby Use the facilities provided by the company Gain new friends Immerse yourself in the culture Pay attention to your health Control your spending Do not over commit

yourself to work Chapter 6: Ways for Couples and Families to Survive FIFO Establish a communication system Provide your partner emergency numbers Inform your partner if you are going to work overtime Set goals together Discuss potential problems that may arise Talk to your partner Make sure that your reunions are fun Do things for each other Manage feelings of jealousy Manage your jobs to do Socialize with your friends and relatives If you have kids Conclusion Download Your Copy Now!

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