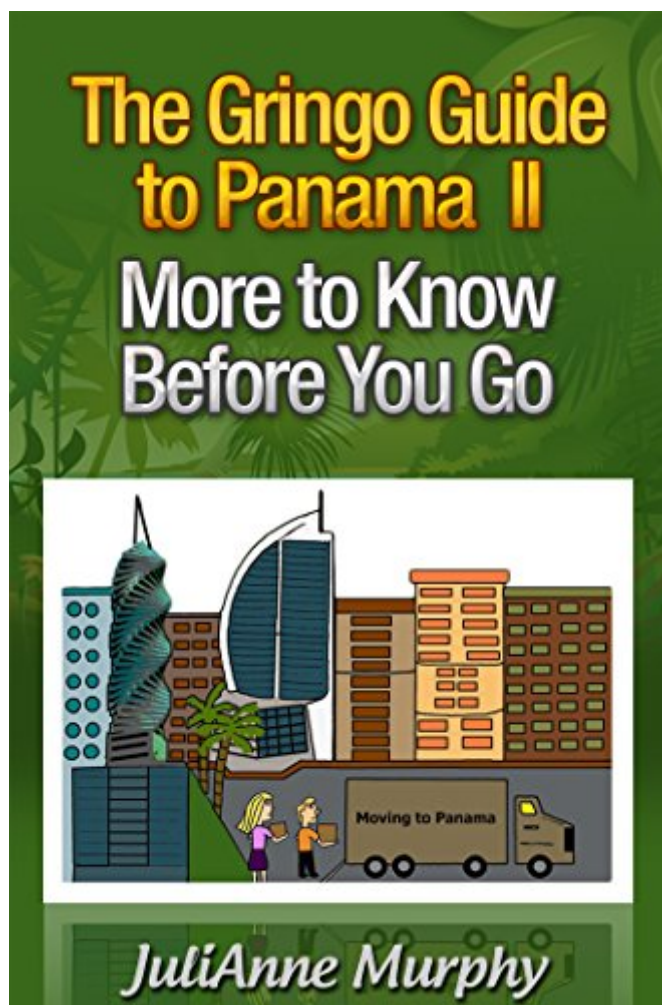


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The Gringo Guide To Panama II: More To Know Before You Go



Synopsis

The Gringo Guide to Panama II – More to Know Before You Go - updated in March 2016! In 2008, executive JuliAnne Murphy relocated to Panama; a huge life change which proved challenging, exciting and led to the writing of her first book, the Kindle bestseller, The Gringo Guide to Panama: What to Know Before You Go. Funny, direct and unembellished, this second release in the Gringo Guide to Panama series includes several additional topics about Panama, as requested by her readers and followers online (including gems that did not make it into the first book). (Note that both books were initially released and published under the pseudonym Elizabeth Vance for privacy reasons and re-released under the author's birth name in early 2016.) Inside The Gringo Guide to Panama II: More to Know Before You Go, you will find:

- Panama's recent statistics and what they mean to you
- Panama 101: Things you may not know about this country, but should
- Panama's retirement visa and other options
- Planning your move to Panama – asking the right questions, finding a broker, choosing where to live, relocating your pets and more
- Panama's education system and private school options
- Adjusting to the tropics: Climate, culture and creepy crawlies
- Panama as a launch pad for travel – getting to and from Panama, neighboring countries to visit, where to stay in the city, and off the beaten path
- Healthcare in Panama, - quality of care, finding a doctor, medical specialties and our personal surgery experience in a Panamanian hospital
- How holidays in Panama differ from North America and the rest of the world
- Plugging into local life – bars, bites, fun, fitness and shopping
- Interviews with expats in Panama (a retiree, a semi-retiree, an entrepreneur and an expat in her 20's)
- The unvarnished truth and many anecdotes about what life in Panama is really like
- And much, much more

Before you decide if Panama is right for you, or plan to travel, move, or retire to Panama, read The Gringo Guide to Panama II: More to Know Before You Go. Take advantage of these valuable insider insights from a seasoned expat who moved, adapted, acclimated and enjoyed life in Panama for eight years. Wishing you the best in your journey to Panama, or wherever you may land!

JuliAnne Murphy

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Customer Reviews

After devouring Ms. Vance's first book, *The Gringo Guide to Panama: What to Know Before You Go*, in one sitting, I was thrilled to hear of *The Gringo Guide to Panama II: More to Know Before You Go* and could not wait to get my hands on a copy! The practical tips and the realistic expectation shaping information Ms. Vance shared was immensely helpful to me, and the book is also captivating in the way the stories come alive, as Ms. Vance has a wonderful way with words. I appreciated Ms. Vance's respectful attitude toward Panamanians as she shared various aspects of their culture and ways of life. It's refreshing and unusual to see someone honestly explaining the nuances of a culture other than their own in detail with so much tact. I wish Ms. Vance could have written this type of book to help navigate the other countries and cultures in which I have been immersed in my treks around the globe. *The Gringo Guide* stands out from all other travel books and is a must for anyone wanting an honest but respectful perspective on the realities of life in Panama.

its a little better organized and helpful info than the first attempt, but not much.

Helpful book.

Excellent extension to what was already a very valuable resource about moving to Panama.

interest

Very helpful for the few who want to relocate!

sequel to knowing more about Panama... I know from first hand experience many of the authors points are spot on... these books are the resource for any visit or move to Panama... well done..

I could not wait to get my hands on a copy of The Gringo Guide to Panama II: More to Know Before You Go, so excited in fact that I bought the Kindle version and the paperback too!The practical tips Ms. Vance shared were immensely valuable and helped me to shape realistic expectations and to be a polite guest during my first visit to the Republic of Panama. I appreciated Ms. Vance's respectful attitude toward Panamanians as she shared various aspects of their culture and ways of life. It's refreshing and unusual to see someone honestly explaining the nuances of a culture other than their own in detail with so much tact.I thought the inclusion of several stories of individuals was excellent in highlighting various topics about which others may want to hear who have similar specific purposes for spending time in Panama.I wish Ms. Vance could have written this type of book about all of the other countries and cultures in which I have been immersed in my treks around the globe. The Gringo Guide stands out from all other travel books and is a must for anyone wanting an honest but respectful perspective on the realities of life in Panama.

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