



Expectation Hangover: Free Yourself from Your Past, Change Your Present & Get What You Really Want

Christine Hassler

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When our expectations are met and things go according to plan, we feel a sense of accomplishment; we feel safe, in control, and on track. But when life does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of disappointment is profoundly uncomfortable and can cost us valuable time and energy if not treated and leveraged effectively.

Christine Hassler has broken down the complex and overwhelming experience of recovering from disappointment into a step-by-step treatment plan. This book reveals the formula for how to process Expectation Hangovers on the emotional, mental, physical, and spiritual levels to immediately ease suffering. Instead of wallowing in regret, self-recrimination, or anger, we can see these experiences as catalysts for profound transformation and doorways that open to possibility.

Often it is only when life throws us a curveball (or several) that we look in a different direction and make room for the kinds of unexpected things that lead more directly to a life we love. By the time you finish this book, you'll understand why your Expectation Hangover happened and have your own treatment plan — a clear course of action to pursue your goals while preventing future disappointment.

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Kenton Marshall:

People live in this new time of lifestyle always attempt to and must have the free time or they will get lots of stress from both daily life and work. So , once we ask do people have free time, we will say absolutely without a doubt. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative within spending your spare time, the particular book you have read is Expectation Hangover: Free Yourself from Your Past, Change Your Present & Get What You Really Want.

Tracey Cook:

Are you kind of hectic person, only have 10 or even 15 minute in your day time to upgrading your mind expertise or thinking skill even analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your limited time to read it because this all time you only find book that need more time to be go through. Expectation Hangover: Free Yourself from Your Past, Change Your Present & Get What You Really Want can be your answer as it can be read by you actually who have those short free time problems.

Pedro Lewis:

What is your hobby? Have you heard that question when you got learners? We believe that that problem was given by teacher to the students. Many kinds of hobby, All people has different hobby. And you know that little person just like reading or as examining become their hobby. You need to know that reading is very important along with book as to be the issue. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You discover good news or update regarding something by book. Numerous books that can you decide to try be your object. One of them is niagra Expectation Hangover: Free Yourself from Your Past, Change Your Present & Get What You Really Want.

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