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Expectation Hangover: Free Yourself from Your Past, Change ...

Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want Paperback - Feb 26 2016 by Christine Hassler (Author), Lissa Rankin MD (Foreword)

Expectation Hangover: Free Yourself from Your Past, Change ...

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358: Expectation Hangover: Free Yourself from Your Past ...

An "expectation hangover" is basically when things don't turn out the way you thought, planned or wanted them to. This could be a relationship, a career move or exam results. When this happens, the aftermath usually feels like a hangover (lack of motivation, depression, regret, guilt etc.) hence the title.

Expectation Hangover: Christine Hassler, Christina ...

Expectation Hangover : Free Yourself from Your Past, Change Your Present & Get What You Really Want.. [Christine Hassler] -- We all face setbacks we cannot control; but, according to Hassler, we have a choice about how to hanle those setbacks. We can choose a mindset that reduces them and respond to what does happen...

Expectation Hangover : Free Yourself from Your Past ...

Get Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want (Paperback) by Christine Hassler and other self-help books online and at Fully Booked bookstore branches in the Philippines.

Expectation Hangover: Free Yourself from Your Past, Change ...

An "expectation hangover" is the group of feelings that we have when we have been disappointed. Some are worse than others. Some expectations are ones that we see as encompassing our views of life. When we have a hangover with those, we really suffer. Christine provides ways to reframe our expectations and how to address our losses.

Expectation Hangover: Overcoming Disappointment in Work ...

In 2005, she wrote her first book *20 Something 20 Everything* and then *The 20 Something Manifesto* in 2008. Her latest best-selling book *Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want* is the guidebook for how to treat disappointment on the emotional, mental, behavioral and spiritual levels.

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Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want eBook: Hassler, Christine, Rankin MD, Lissa: Amazon.com.au: Kindle Store

Expectation Hangover: Free Yourself from Your Past, Change ...

Christine Hassler is the best-selling author of three books, most recently " Expectation Hangover: Free Yourself from Your Past, Change your Present and Get What you Really Want ". She left her successful job as a Hollywood agent to pursue a life she could be passionate about.

Christine Hassler: How to Free Yourself From Your Past and ...

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EXPECTATION HANGOVER - New World Library

Christine Hassler Christine Hassler is the best-selling author of three books, most recently *Expectation Hangover: Free Yourself From Your Past, Change your Present and Get What you Really Want*. She left her successful job as a Hollywood agent to pursue a life she could be passionate about.

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In 2005, she wrote her first book *20 Something 20 Everything* and then *The 20 Something Manifesto* in 2008. Her latest best-selling book *Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want* is the guidebook for how to treat disappointment on the emotional, mental, behavioral and spiritual levels.

Christine Hassler on Overcoming Obstacles + Living Our ...

She is host of the top-rated podcast *Over it and On With It*. The best-selling author of three books, *Expectation Hangover: Free Yourself From Your Past, Change your Present and Get What You Really Want*, she teaches and inspires people around the world.