

Expectation Hangover Free Yourself From Your Past Change Your Present And Get What You Really Want

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Expectation Hangover Free Yourself From

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: Free Yourself from Your Past, Change ...

This book has developed a strong concept: expectation hangover. This concept explores how the expectations of our lives and ourselves are inaccurate and damaging. Therefore the challenge is how we manage the consequences of our expectations. There are some strategies to manage this hangover. These are relatively conventional.

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Expectation Hangover: Free Yourself From Your Past, Change Your Present & Get What You Really Want by Hassler, Christine/ Rankin, Lissa, M.D. (Frw) Provides advice for handling disappointments in career, relationships, and life goals, using them instead as opportunities to find insight, purpose, fulfillment, and knowledge.

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Connecting to Yourself as a Spiritual Being. When we're immersed in the noise of an Expectation Hangover, it can be difficult to hear the voice of our intuition and Spirit. So the Seeker supports us in quieting the mind enough to listen.

Bonuses - Christine Hassler

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Expectation Hangover: Christine Hassler, Christina ...

"EXPECTATION HANGOVER" DEFINED. You probably have a good sense of what an Expectation Hangover is by now, but here is my official definition: the myriad undesirable feelings, thoughts, and responses present when one or a combination of the following things occurs: • Things don't turn out the way you thought, planned, or wanted them to.

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About Christine. 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".

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