

## 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 Your Past, Change Your Present and Get What You Really Want Kindle Edition by Christine Hassler (Author), Lissa Rankin MD (Foreword) Format: Kindle Edition

Expectation Hangover: Free Yourself from Your Past, Change ...  
What I particularly like about Expectation Hangover is that it is full of helpful, practical advice. I 've read plenty of books on this subject but very few of them offer actionable advice. This book, however is packed full of exercises, tools and guided meditations (which are free to download), all split into four sections – Emotional, Mental, Behavioural and Spiritual.

Expectation Hangover: Christine Hassler, Christina ...  
Christine Hassler brings us guidance on how to deal with disappointment on the emotional, mental, behavioral and spiritual levels in her book, "Expectation Hangover" – Free yourself from ...

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It 's up to you to decide what your expectations are – ones that will consistently cause you heartache or ones that can help you to be happier. Expectation Hangover. I recently read Expectation Hangover: Free Yourself From Your Past, Change Your Present and Get What You Really Want by Christine Hassler. This book shows you how difficult experiences can become the best thing that ever happened to you, once you learn to leverage disappointment to gain something from it rather than only ...

Why Expectations Are the Root of All Evil  
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Expectation Hangover : Free Yourself from Your Past, Change Your Present and Get What You Really Want. 3.88 (307 ratings by Goodreads) Paperback. English. By (author) Christine Hassler , Foreword by Lissa Rankin. Share.

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.

The midtwenties through the midthirties can be a time of difficult transition: the security blankets of college and parents are gone, and it 's suddenly time to make far-reaching decisions about career, investments, and adult identity. When author Christine Hassler experienced what she calls the "twenties triangle", she found that she was not alone. In fact, an entire generation of young women is questioning their choices, unsure if what they 've been striving for is what they really want. They 're eager to set a new course for their lives, even if that means giving up what they have. Hassler herself left a fast-moving career that wasn 't right for her and instead took the risk of starting her own business. Now, based on her own experience and interviews with hundreds of women, she shares heartfelt stories on issues from career to parents to boyfriends to babies. Yet she also provides practical exercises to enable today 's woman to chart a new direction for her life.

Surrounded by possibility but unsure of your direction? You 're not alone. If you 're in your twenties, you 're likely feeling the combination of the excitement of this defining decade and the pressure to figure out your entire life. The thrill of newfound independence and opportunity can be quickly squelched by worry, disillusionment, or disappointment. Like thousands of other twenty somethings, you may have experienced what life coach and quarter-life expert Christine Hassler calls an "Expectation Hangover?." This manifesto explores the all-important questions and life choices of these turbulent yet exciting years. Twenty somethings may commiserate about the challenges they face, but few resources offer practical lessons or suggestions. In these pages, quarter-life men and women tell their stories, sharing their successes and failures, along with their frustrations and realizations. The author 's insightful commentary and "take away" suggestions provide the tools and skills you need to create change and direction in your life. You 'll recognize and articulate your personal goals, paving the way to what you truly want.

You Don't Owe Anyone is for perfectionists, workaholics, people pleasers, and strivers who feel stuck in the try-hard cycle. Sharing her experiences as a life coach and recovering perfectionist, Caroline Garnet McGraw shows us how we can free ourselves from the weight of expectations and encourages us to move our lives forward without apology. Inspired by the author's viral essay "You Don't Owe Anyone an Interaction," this book invites us to make surprising choices that can help us get unstuck. Rather than offering more ways to effect change through sheer effort, these personal stories serve as a compassionate witness, a reflection of our own perfectionistic tendencies. They also are a wakeup call jolting us out of our martyr mentality and inspiring us to move in new, positive directions. Through simple, accessible coaching practices, You Don't Owe Anyone shows us what it looks like to refuse to over-function in the old ways. It invites us to make the same surprising choices that have helped McGraw and her clients move past perfectionism, empowering us to quiet our fears and heal our hearts.

"Life is largely a matter of expectation." Roman poet Horace (Quintus Horatius Flaccus), who coined the phrase "Carpe diem" or "Seize the day," seems to suggest that from the moment we rise each morning to the moment we lay down to sleep, we are filled with expectation. Yet, others would disagree asserting that it is best to live without expectations in order to avoid painful disappointment. I submit to you that we can neither live without expectation or disappointment. So, that leaves us with the need to learn to manage our expectations and minimize disappointment. That's what this book aims to do. At the completion of your reading, you should understand the essence of expectation; the levels of expectation; with whom you should place your expectations; and when to stick your neck out in expectation. Further, if at the outset of your reading you subscribed to life with "no expectations," perhaps at your completion you will be free to more safely expect again. Stan Rayford has over 20 years of experience as pastor of Restoration Fellowship Tabernacle of Detroit and as a licensed professional counselor. He has earned an MA in Theological Studies and a second MA in Pastoral Counseling from Ashland Theological Seminary. He holds a BA in Journalism from the University of South Carolina.

Silent Agreements will help readers define the unspoken beliefs and expectations that might be causing dissatisfaction, unhappiness, and resentment in their relationships, giving them the tools to explore these agreements and work toward healthier communication with a partner, friend, boss, or family member. If you have relationships, you've likely been part of silent agreements. Silent agreements are the implicit "rules" of your relationships that arise from unspoken beliefs and expectations that both parties hold, stemming from your earliest experiences and reinforced as you mature. They can sound something like "The person who makes more money should pay for the dates," or "My boss doesn't offer me a raise, and he knows I won't ask for one." These agreements can hinder your relationships, remaining undiscussed due to fear, aversion to conflict, feelings of obligation, or guilt. Because expectations so rarely line up and neither person will address the issue, a silent agreement can cause unhappiness and resentment on both sides. Clinical psychologists Drs. Anderson, Banks, and Owens will help you explore your agreements and work towards healthier communication with a partner, friend, boss, or family member. In the process, you'll learn more about your own motivations and how to dismantle the the beliefs that don't serve you. With guidelines and advice on how to have productive conversations about sex, money, commitment, family, the workplace, and health, this book will help you lift the silence and resolve those land-mine issues before they do irreparable damage.

How our fast-forward minds make something out of nothing We all know expectations matter—in school, in sports, in the stock market. From a healing placebo to a run on the bank, hints of their self-fulfilling potential have been observed for years. But we 've never fully understood why. Journalist Chris Berdik offers a captivating look at the frontiers of expectations research, revealing how our assumptions bend reality. We learn how placebo calories can fill us up, how fake surgery can sometimes work better than real surgery, and how imaginary power can be corrupting. Mind Over Mind is a journey into the most exciting area of brain research today.

When you don't believe in yourself, everything is more difficult. 100 Ways to Boost Your Self-Confidence will literally help you change your life by changing the way you feel about yourself. Not only will you have faith in who you really are, but the people you love and work with will believe in you as well. 100 Ways to Boost Your Self-Confidence will show you how to: Discover the essence of your personal power and belief in yourself. Create the life you want with practical "feel good" behaviors. Reduce your doubts, increase your self-worth and make your world a better place. Improve the quality of your relationships by changing the way you think about yourself and how others think about you. Become your best self by employing these easy-to-use techniques.

Ah, the American Dream. How's that working out for ya? At a time when the middle class is violently under attack from all sides comes Lower Your Expectations -- Randy Treu's wicked take on the fantasy that was once our reality. Whether it's your job ("our grandfathers did not seek employment that thrilled their souls, they went to work because letting their families starve would have looked bad to the neighbors"), your relationship ("It may indeed be a proven fact that love is blind, but for it to last, love must be delusional as well"), or even worse, your heightened sense of the dreaded "a" word ("As we have seen, awareness doesn't change anything, blame does") Lower your Expectations takes it all down with a witty and irreverent vengeance. As America learns to lower her expectations, her citizens will have far less reason to seek out professional help. Therapists will become the steelworkers of the 21st century - unneeded and unemployable with few transferable skills to help them make their way in a post-therapeutic America. It could be that in a few years, we will find this overeducated underclass of former self-help guru's populating America's street corners holding up signs saying, "Will trade therapy for food." It's time to make this dream come true. Does Lower Your Expectations work? Hell, look around; you're getting old, your spouse bores the hell out of you and your career, which seemed like a dumb idea back then, is now life threatening. What have you got to lose?

"Voted an independent best self-care book for 2021" "Voted one of Heat's best self-help books to help you reach your full potential" If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'

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