

CHRISTINE HASSLER

# EXPECTATION HANGOVER®

Overcoming  
Disappointment in  
Work, Love, and Life

"Christine Hassler's clear voice reminds us, no matter where we are in life, of a timeless truth: that we all have within us the ability to meet life's challenges, be empowered through adversity, and move from struggle to grace."

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# Expectation Hangover Overcoming Disappointment In Work Love And Life

**Christine Hassler**



## **Expectation Hangover Overcoming Disappointment In Work Love And Life:**

Expectation Hangover Christine Hassler, 2016-01-07 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

**Expectation Hangover** Christine Hassler, 2014 Advice for handling disappointments in career relationships and life goals Guidance for using them as opportunities to find insight purpose and fulfillment and for learning from them for each next step Addresses anxiety self judgment courage faith and surrender Provided by publisher

**The "More or Less" Definitive Guide to Self-Care** Anna Borges, 2019-11-01 Taking care of yourself is not meant to be stressful This book gives practical tips for implementing self care in our busy lives Allure Some days you need a pick me up some days you need a life preserver As Anna Borges explains for most of us self care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with You may already practice some form of self care whether it s taking an extra long shower after a stressful day splurging on a fancy dinner or choosing Netflix over that friend of a friend s birthday party But when life gets so overwhelming that you want to stay in bed some more radical care is crucial to maintain your sanity The More or Less Definitive Guide to Self Care is here to help you exist in the world Borges gathers over 200 tips activities and stories from experts and everyday people alike into an A to Z list from asking for help to catching some Zzz s Make any day a little more OK with new skills in your self care toolkit and energy to show up for yourself A Foreword INDIES Gold Winner This self help guide made me feel seen Real Simple A compendium about how to move through the world with a little more kindness for yourself Bustle Give this to your Type A friend who runs herself ragged Los Angeles Times

**Life Mantras To Self Improvement** Kasturi Das, **Master Your Relationship Anxiety** Georgie Collinson, 2025-01-28 Why am I feeling anxious in love and what is this anxiety trying to tell me Feel calmer more trusting and more confident in your relationships Master Your Relationship Anxiety delivers a simple four week program for overcoming the mental and emotional stresses that can stop us being our best selves in relationships Exploring the four types of relationship anxiety this book provides holistic practical and highly relatable advice

to help you feel better able to love others and create the deeper connections we all crave You ll find valuable personal growth hidden in the anxiety worry insecurity and doubt that relationships inevitably bring to the surface Once you ve mastered how to be calm and open in love you can experience living life with an open heart the ultimate antidote to all our fears and anxiety

Your Happiness Portfolio for Retirement Marianne T. Oehser,2019-05-03 Make the post career phase of your life the happiest and most fulfilling time of your life So much changes as you move from your career into the Third Act of your life You have to redefine your identity find a new reason to get up in the morning build a new structure for your days and replace part of your social network Some people slip easily into their new life and others struggle Many of us fill our days with fun and relaxing things to do but get to the point where we want something more then we feel a bit empty You know you need a financial portfolio to retire but did you know you also need a Happiness Portfolio This book is a practical guide to creating your Happiness Portfolio and flourishing in your Third Act It includes valuable information and thought provoking exercises to design your retirement life so you enjoy it to the max and feel that your life is fulfilling You will explore Why this change is sometimes so difficult How to structure your life so there is plenty of time for both fun and doing things that make you feel like your life is worthwhile What it really means to be happy Some tools for dealing with the bumps you are certain to encounter along the way This book is right for you if You intend to retire soon or If you retired in the past five years or so Scroll up and click on Look inside to learn more or just add it to your cart **Are We Happy Yet?** Lisa Cypers

Kamen,2017-02-17 **Are We Happy Yet** Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart filled with successful tools and techniques for creating your personal happiness revolution Lisa Cypers Kamen an internationally recognized applied positive psychology coach and expert in life crisis recovery reveals her breakthrough system for cultivating sustainable happiness and well being regardless of life s drama trauma or challenges Her inspiring and practical tips keys and exercises will boost your Happiness Factor to new levels and show you how to tap into the joy and peace you deserve You ll learn how to Accept the past for what it is a reference point not a destination Embrace the truth that while life is tough you can be happy Transform your relationship with yourself from enemy to ally Appreciate why less is often more Focus on what s right with your life not what s wrong Control the only person you can yourself Invest in yourself to become more mentally physically emotionally and spiritually fit Use your newly discovered joy to become a more positive and productive influence in the world and much more As a reformed depressed person I did not wander into my happy place There was a personal evolution to my happiness revolution says Lisa of her own journey A sought after expert in life crisis triage including addiction and trauma recovery she is acclaimed for her dynamic H Factor process that makes it possible for anyone to elevate their well being through attention intention and action Lisa s proven techniques and work as host of the popular Harvesting Happiness Talk Radio show have helped millions of people around the world generate more joy and fulfillment in their lives The Year of No Nonsense Meredith Atwood,2019-12-17 In the vein of How to Stop Feeling Like

Sh t a practical guide to acknowledging and getting rid of the nonsense and bs in your life Exhausted and overworked lawyer triathlete wife and mom Meredith Atwood decided one morning that she d had it She didn t take her kids to school She didn t go to work She didn t go to the gym When she pulled herself out of bed hours later than she should have she found a note from her husband next to two empty bottles of wine and a stack of unpaid bills You need to get your sh t together And that s what Meredith began to do starting with identifying the nonsense in her life that was holding her back saying yes too much keeping frenemies around and more In *The Year of No Nonsense* Atwood shares what she learned tackling struggles with work family and body image and also willpower and time management Ultimately she s the tough as nails coach slash best friend who shares a practical plan for identifying and getting rid of your own nonsense in order to move forward and live an authentic healthy life From recognizing lies you believe about yourself and your abilities to making a nonsense list and developing a no nonsense blueprint this book walks you through reclaiming yourself with grit and determination step by step With targeted practical chapters to help you stop feeling stuck and get on with your life *The Year of No Nonsense* is equal parts girlfriend and been there done that The best part Like any friend she helps you get to the other side Wisdom for Overcoming Disappointment and Depression Tommy S. w. Wong, 2018 While we encounter disappointments in our daily lives and sometimes even depression are there ways to overcome them In this book Tom and Guru Harry explore ways on how to live spiritually without disappointment and depression Guru Harry epitomizes someone from a spiritual society and offers a way of living that can lead to peace love joy and harmony In their conversation Tom and Guru Harry discuss the following questions 1 What is the cause of disappointment 2 How is disappointment related to expectations 3 What are the causes of depression 4 How is depression related to needs May this wisdom enable you to live a life free from disappointment and depression *The Power of Zero Expectations* Frances Ku, 2021-01-29 Do you get disappointed You could be setting yourself up by having expectations Unlike books that tell you to lower or manage your expectations this book shows you how to thrive without them It dispels the myth that expectations are necessary to achieve well being and success You will learn how to let go of expectations and experience freedom from disappointment including turning any disappointment into personal power Imagine no longer having expectations of people and circumstances and being disappointed by them Imagine doing what contributes to your happiness instead of relying on expectations that don t This book can help you with the following You have expectations maybe even high expectations You get disappointed You get stressed out You are overwhelmed You want to improve your relationships and circumstances You are pessimistic You are controlling You feel like a victim Your life is chaotic This book helps you achieve the following Minimize and prevent disappointment Transform disappointment into personal power Maintain well being as you navigate this world of ups and downs Handle people and circumstances without succumbing to the disappointment that follows Stay driven productive optimistic and hopeful without expectations Know when to let go and when to hang on Implement the factors that work to contribute to your well being and success Navigate

the twists and turns of life Be at ease and enjoy life This book uses the following methods Thought provoking exercises in each step so you can reflect on the content and understand how it relates to your situation An effective strategy for each step to replace the habit of expectations Powerful affirmations to support your efforts in carrying out each strategy Experience the transformative power of Zero Expectations today      **Secret Longings of the Heart** Carol Kent,1990

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