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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 ...

Ziglar Show 462: Expectation hangover – Christine Hassler

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Why Expectations Are the Root of All Evil

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