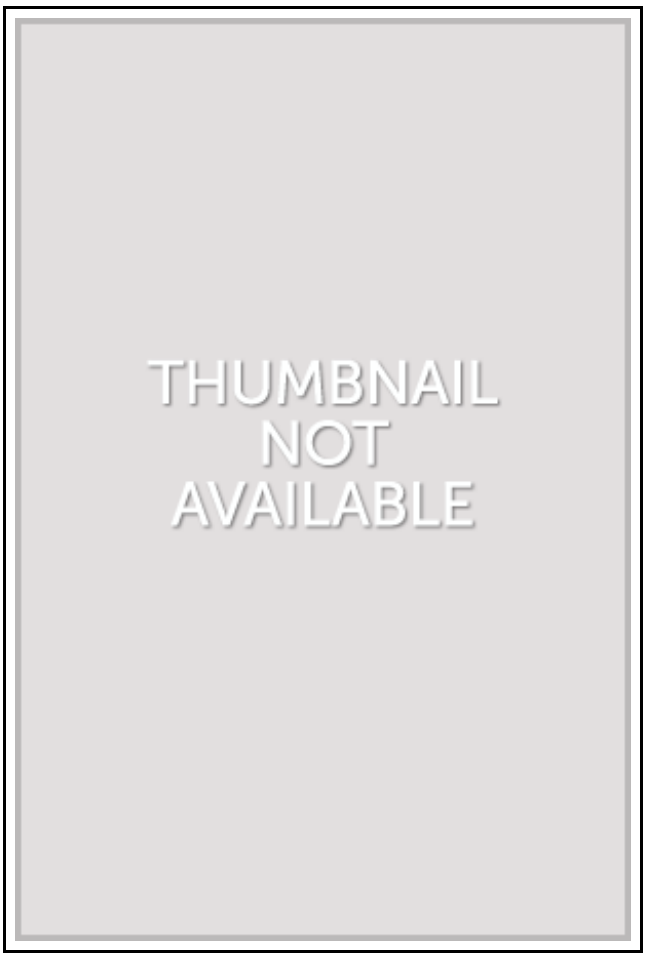
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### *Reviews*

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***(Roel Bogisich Sr.)***

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NEW WORLD LIBRARY, United States, 2016. Paperback. Book Condition: New. Reprint. 226 x 150 mm. Language: English . Brand New Book. When our expectations are met and things go according to plan, we feel accomplished, in control, and on track. But when life does not live up to our expectations, we end up with an Expectation Hangover. Expectation Hangovers happen when a desired result is not met, an outcome is achieved but it does not give us the feelings we thought it would, life throws us a curveball, or we simply do not feel we are living up to the expectations placed upon us (by ourselves or others). Expectations are pervasive in our lives; therefore, so is disappointment, which costs us valuable time and energy if not treated effectively. Whether you are facing a loss, going through a life transition, or want to learn how to stop setting so many expectations, this book gives you a treatment plan for how to process Expectation Hangovers on the emotional, mental, physical, and spiritual levels. Using powerful exercises, guided meditations, and inspiring true stories, Christine teaches you how use Expectation Hangovers as catalysts for profound transformation and doorways that open to possibility. You ll understand why your Expectation Hangover happened and a clear course of action to pursue your goals while preventing future disappointment.

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