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**Hangover : Free Yourself from Your Past, Change Your Present & Get What You Really Want.. [Christine Hassler] -- We all face setbacks we cannot control; but, according to Hassler, we have a choice about how to handle those setbacks. We can choose a mindset that reduces them and respond to what does happen ...**

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**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: Free Yourself from Your Past, Change ...**

**Expectation Hangover: Free Yourself from Your Past, Change Your Present and Get What You Really Want 248. by Christine Hassler, Lissa Rankin MD (Foreword by) ... (20 Something 20 Everything), those who suffer from**

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what she calls "expectation hangovers" must learn to free themselves from never-ending cycle of self-doubt and self-recrimination.

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