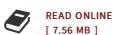


Expectation Hangover: Overcoming Disappointment in Work, Love, and Life

By Christine Hassler

BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. When our expectations are met and things go according to plan, we feel a sense of accomplishment and pride. Risking little, we feel safe, in control, and on-track. But when life throws us a curveball or does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of discomfort is profoundly sobering and uncomfortable. Christine Hassler urges us to not wallow in regret, self-recrimination, or anger, and instead see these hangovers as catalyst for profound transformation. Often life has to throw us a curveball (or several) so that we look in a different direction. When we fully treat our Expectation Hangover on the emotional, mental, physical, and spiritual level, we learn courage, faith, surrender, and love, and we make room for the kind of unexpected things that lead us more directly to a life we love--rather than a life we planned.





Reviews

It is simple in study easier to comprehend. It is one of the most awesome ebook i have read through. You wont truly feel monotony at at any moment of your respective time (that's what catalogs are for concerning in the event you question me).

-- Clint Sporer

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Dale Fahey MD

Other PDFs



I'm Sorry You Feel That Way: The Astonishing but True Story of a Daughter, Sister, Slut, Wife, Mother, and Fri end to Man and Dog

Berkley. PAPERBACK. Book Condition: New. 0425232212 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!.



Growing Up with Skid Marks: A Collection of Short Stories

Tate Publishing & Enterprises. Paperback. Book Condition: New. Perfect Paperback. 148 pages. Dimensions: 7.8in. x 5.2in. x 0.5in.Where I lived was in a community called Old Jagger. There were ten families living there and each family had at least three kids. My...



Why We Hate Us: American Discontent in the New Millennium

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Americans are as safe, well fed, securely sheltered, long-lived, free, and healthy as any human beings who have ever lived on...



Friendfluence: The Surprising Ways Friends Make Us Who We Are

Doubleday, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Intriguing.A convincing case for nurturing friendships in many of the same ways we nurture relationships with partners and other family--both online and off" --Kirkus Reviews "[Flora's]...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...