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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

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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.

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Why Expectations Are
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by Christine Hassler ,
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