

# Christine Hassler: Author of '20 Something 20 Everything'

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Christine Hassler left her successful job as a Hollywood agent at 25 to pursue a life she could be passionate about . . . but it did not come easily. After being inspired by her own unexpected challenges and experiences, she realized her journey was indeed her destination. In 2005, she wrote the first guidebook written exclusively for young women, entitled 20 Something 20 Everything. Christine's second book, The 20 Something Manifesto written for men and women stems from her experience coaching twentysomething's. She is currently working on her third book, Overcoming Expectation Hangovers (New World Library 2014), which is about leveraging disappointment at ANY age.

Today, she supports individuals in discovering the answers to the questions: "Who Am I, What do I want, and How do I get it?" Christine is a Life Coach with a counseling emphasis known for catalyzing radical self-reflection while offering practical direction. She is passionate about busting the myth that life is about living by a checklist and having it all figured out. Christine believes we all deserve and are capable of discovering our passion, pursuing our dreams, and

making an impact on the world.

Christine began her evolution as a Gen Y expert with a discussion group for quarter-lifers in Los Angeles struggling with questions about themselves and their lives. As she continued her investigation of herself and others, she began to craft a roadmap for life for people of all ages which includes discovery, self-acceptance, self-forgiveness and clarity.

As a professional speaker, Christine leads seminars and workshops to audiences around the country. She has spoken to over 100,000 people at colleges, personal growth events, conferences, and corporations. Christine has appeared as an expert on The Today Show, CNN, ABC, CBS, FOX, E!, Style and PBS, as well as various local television and radio shows, speaking about life issues and “Expectation Hangovers®” – a phenomenon she identified and trademarked or generational diversity. She is also a frequent contributor to The Huffington Post and Cosmo.