《Lower your expectations 别期望过高》

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I mean, it's life. Lower your expectations.
(?????????1???19??Max?Caroline????????????????????????????????Caroline?????????????)

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lower one's expectations?????????????????

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There are always two ways to be happier: improve your reality, or lower your expectations.

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Students hold that the highest expectations of happiness of love relationship, marriage, and family, but unexpectedly much lower expectations about work, life and salary.

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