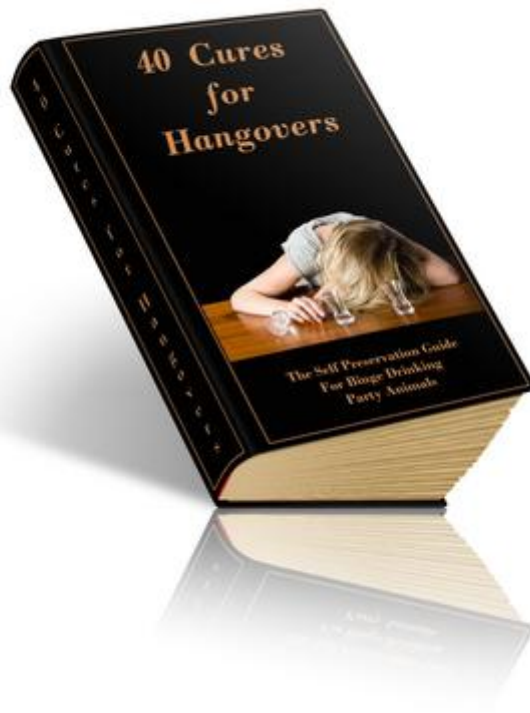


The Self Preservation Guide For Binge Drinking Party Animals



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This Brand New 61-page info product reveals why we get hangovers, the symptoms, the direct effects of alcohol, plus 40 different ways to remedy a cranium crushing hangover, Okay, so you had fun with your friends last night and drank a bucketful of alcohol. However, this morning you found it hard to wake, your head was pounding like a pneumatic drill and you were feeling more than a little nauseous. And what was wrong with you? A hangover that's what! The term 'hangover' may not be familiar to everyone, but for many of us, it's a word that brings a chill to the very thought of waking up in the morning, still tired with an aching body, a headache, feeling nauseous and with a mouth dryer than the sole of an Afghanistani's flip-flop. Yet, most people don't even think about the consequences while out partying with friends and family. It's a claim many of us have made the morning after the night before, while suffering with a skull-pounding hangover. Unfortunately, this vow is often short-lived and is particularly hard to maintain during the festive and holiday season. (People tend to increase their alcohol consumption during the holidays when there are more parties). The most important message of course is that people shouldn't

drink too much in the first place, because a hangover is just one negative consequence of excessive alcohol intake. There are numerous other downsides, which can be very serious, such as loss of control over emotions, anger or moroseness and poor decision-making. Drinking too much in a single night can result in fatal alcohol poisoning. In other words, you can literally drink yourself to death. In this ebook, you will discover: -- Why we get hangovers? -- How we can avoid them? -- And what we can do when we have one? -- Plus, a few ill-advised cures from around the globe... We'll try to answer all these questions in an unreserved, clear-cut manner and hopefully, without falling off the bar stool! How bad it can get?

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