



50 Ways to Beat a Hangover

By Cara Frost-Sharratt

Spruce Octopus Publishing Group Okt 2017, 2017. Taschenbuch. Condition: Neu. Neuware - For anyone who has ever woken up with a throbbing head, a churning stomach, and an overwhelming sense of remorse, this book is for you. Why not try a 'hair of the dog' Bloody Mary or the ultimate sandwich to soak up the booze Or, if you can't face food yet, what about a morning quickie (well, you might as well if you can't face getting out of bed) Also includes pre-game tips so you can cushion the blow before you start boozing. If you've had one pint too many or gone a flirtini too far, don't let the morning after ruin the fun of the night before. This little book has 50 foolproof tips for fending off the dreaded hangover, from the tried and tested to the downright ridiculous. Whether you're gearing up for a big night out or crying, 'Never again!' the morning after, this is a book to keep by your bed (with a big glass of water)! 96 pp. Englisch.

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