

The **HANGOVER HANDBOOK**

*The definitive guide
to the causes and cures
of man's oldest affliction*

Including:

How to drink
and be merry
How to survive
the morning after
Hangover parties
Remedies
Hairs of the dog
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and
More than 101
alcohol antidotes



DAVID E. OUTERBRIDGE

The Hangover Handbook

Yan Bai



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