

# *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  
X-rated cures  
and  
More than 101  
alcohol antidotes



**DAVID E. OUTERBRIDGE**

# The Hangover Handbook

**E Durkheim**



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