

# HOW TO GET OVER A book hangover

PRACTICE  
GRATITUDE

READ  
SOMETHING VERY  
DIFFERENT

TAKE A  
READING  
BREAK

READ  
SOMETHING VERY  
SIMILAR

WRITE OR  
TALK ABOUT  
IT

ENGAGE IN  
SELF CARE



RESEARCH  
IT

PAIR IT WITH  
LIFESTYLE

I the literary lifestyle

# No Hangover Drinkssacred Life Lifestyles Book English Edition

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