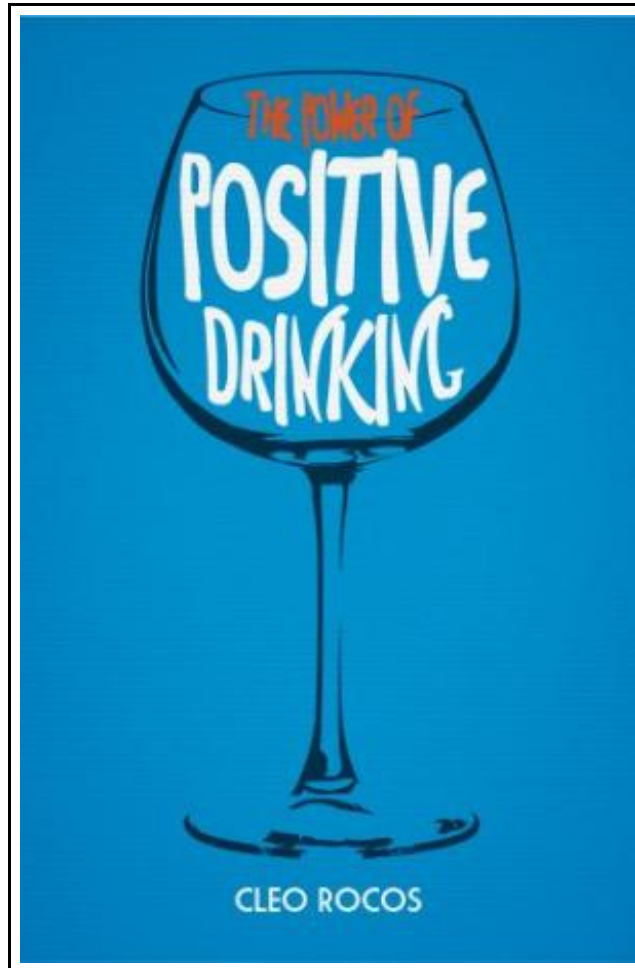


## The Power of Positive Drinking



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Vintage Publishing. Hardback. Book Condition: new. BRAND NEW, The Power of Positive Drinking, Cleo Rocos, 'It's always too early to quit.' Norman Vincent Peale, author, The Power of Positive Thinking. 'Frankly I couldn't agree more, Norman. I've been barking for a large one since noon.' Cleo Rocos, author, The Power of Positive Drinking. THE POWER OF POSITIVE DRINKING isn't a guide on how to get drunk. It is a guide to how to drink well and thoroughly enjoy yourself. Drinking has a bad reputation in some quarters. But that's largely because we don't drink properly, as we have not yet been initiated in the art of drinking well. Most of us know plenty about healthy eating, but next to nothing about healthy drinking. This is Cleo Rocos' master class on how to imbibe successfully, on how to reach that delicious level of intoxication where you and your fellow drinkers blossom into the favourite version of yourselves and stay there. From Rocos we learn how to ensure that every drinking occasion snowballs into a glorious and triumphant event. Inside these pages lie the secrets of alcohol. The finest hints and tips on stylish drinking gleaned from seasoned and successful drinkers around the globe; failsafe recipes for some of the world's greatest snifters along with a few of Cleo's own specialities, tailored to guarantee a quality night on the tiles. It all comes down to Positive Drinking, and here Rocos spills the beans on how to get up to no good in the best possible way .Cleo's 12 lessons on spirits and other alcoholic tipples includes: Vloddy Marvellous Things about Vodka; No Hangover Cocktails; Skinny Low-Calorie Cocktails; Champagne; Wine; How to Win with Gin; Tuck into Tequila; Avoid Getting Frisky on Whisky; Rum; What to Absolutely Avoid; Essential Hangover Tips; Prehab:The Rehab-Prevention...

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