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The morning after - the drilling headache, the waves of nausea, the paranoia, the guilt, the shame - yes, it's the dreaded HANGOVER. We have all been there. At last, we give you The Hungover Cookbook, a self-help manual that helps the morning after drinker to identify the nature of his/her hangover and tailor the treatment accordingly. With delicious and restorative recipes - from Milton's zingy knickerbocker glory to his irresistible tahini and tomato toast, the English Breakfast tortilla to Mexican ranch-style eggs - The Hungover Cookbook invites you to transform dealing with a hangover into a subtle, multi-faceted and enjoyable art instead of merely chucking a 'full English' at it!