



Hungover: The Morning After and One Man's Quest for the Cure

Shaughnessy Bishop-Stall

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"Bishop-Stall insists that hangovers... [are] worthy of a cure. After years of dogged research around the globe, he finds one -- just in time for the holidays." --*Washington Post*

"[An] irreverent, well-oiled memoir...Bishop-Stall packs his book with humorous and enlightening asides about alcohol." --*The Wall Street Journal*

One intrepid reporter's quest to learn everything there is to know about hangovers, trying all of the cures he can find and explaining how (and if) they work, all so rest of us don't have to.

We've all been there. One minute you're fast asleep, and in the next you're tumbling from dreams of deserts and demons, into semi-consciousness, mouth full of sand, head throbbing. You're hungover. Courageous journalist Shaughnessy Bishop-Stall has gone to the front lines of humanity's age-old fight against hangovers to settle once and for all the best way to get rid of the aftereffects of a night of indulgence (short of not drinking in the first place).

Hangovers have plagued human beings for about as long as civilization has existed (and arguably longer), so there has been plenty of time for cures to be concocted. But even in 2018, little is actually known about hangovers, and less still about how to cure them. Cutting through the rumor and the myth, *Hungover* explores everything from polar bear swims, to saline IV drips, to the age-old hair of the dog, to let us all know which ones actually work. And along the way, Bishop-Stall regales readers with stories from humanity's long and fraught relationship with booze, and shares the advice of everyone from Kingsley Amis to a man in a pub.

Hungover: The Morning After and One Man's Quest for the Cure Details

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Derek says

Bishop-Stall is so self-aware, clever, and irreverent that his writing comes off effortlessly entertaining regardless of the subject material. In this case I was interested in his findings (which reminds me I need to stop at GNC tomorrow), but I get the feeling he could have been writing about any old mundane thing (like my job) and I'd have still been tuned in. An added plus is the subject matter is so universal - who hasn't had a hangover - that the book is kind of a perfect "I don't know what I want to read next" book.

Erin says

Definitely better than I thought it would be. The chapter about bar hopping in England was a low point, but otherwise I enjoyed following along with his story and learning about his discoveries. 3.5/5

David Downer says

Coincidentally, I started this book on New Year's Eve day; no, no hangover to speak of. This book is in my wheelhouse: nice mix of science, adventurous questing, and interesting trivial tidbits. SBS keeps things rolling along as he gambols about exploring the nature of hangovers and the supposed cures. The journey or process takes on a greater meaning than the goal. It left me wanting to explore movies, art and literature I haven't seen or read before. It also left me with those bits of trivia that stay with you for years (ex. the Italian word for flask is fiasco). This was an entertaining romp although I felt queasy just reading about the quantities of alcohol consumed by SBS in his "research".

Brook says

I read a promotional copy given out to reviewers, but I was not the original intended recipient (by way of a disclaimer).

This book is a mix of a shared journey, as well as a description of the actual cure. Bishop-Stall does not do the "hide the secret at the end" bit, which was refreshing. That's good for a TV miniseries, but not so much when you are learning about a topic.

Along the way, Bishop-Stall tries existing hangover cures and preventatives in the form of drinks/powders/pills. He also chooses to make some stops at spas along the way. The pace moves nicely, and Bishop-Stall is rather forthcoming about the amount of drinking this "experiment" entailed. As he said towards the end (both of the book and his experiment), he got to the point where he was able to drink to excess, to a point that would cause anyone else hangovers, but used his cure to avoid them - for months of days in a row.

I confess I was worried that this was going to be the story of a near-teatotaler who was curing a two-glass

"hangover." That would have been dull and safe. The author drinks pretty serious - I think a lot of doctors would say dangerous - amounts of alcohol over the course of several months. Like the movie *Super-Size Me*, this book is both interesting and a bit nausea-inducing.

Couple interesting facts/factoids I learned (if the author is to be believed):

Drinking a glass of water while drinking does in fact work. Not to prevent hangovers, but to lessen them. The author notes that he felt waterlogged, which I understand.

According to a therapist/masseuse, you really do release toxins, and they can make you sick after a massage. After a deep tissue massage, the author was ill for at least a day (I want to say longer, but do not have the book in front of me). When he went to a second spa, and told the therapist what happened, she explained that the body stores these toxins in tissue, and that deep massaging can release them all at once. For those people who don't exactly "treat their bodies like a temple," this can mean feeling ill after a deep massage, and further stresses what every good masseuse says right after you're done: "Please go drink a ton of water."

Also something I hadn't thought of. Why is Red Bull so popular (the author claims it was also a curative when first thought of)? Because you can mix it with booze. Bishop-Stall basically says that the person that can come up with something that tastes OK and can be mixed with booze will get that next cash cow.

The author, finally, actually includes the cure as he found it, and does not beat around the bush with "maybe use this, or use this, or maybe this works." So, for those of you who actually wish to drink to intoxication, but do not want the ill effects the next morning, pick this up, I guess.

The book was as interesting for this reader as it was *because* the author was so forthright about his experiment, and because he did not hide other drug use (a trip to Amsterdam is in there) and other screw-ups (like swimming across a freezing lake to get to a beer fest).

Chris Rodell says

I'm a sucker for compelling quest books, stories of men and women striding confidently around the globe in search of fame, riches or adventure. That Shaughnessy Bishop-Stall conducts his in a mostly inebriated stumble only makes it more endearing. I put "Hungover" up there with Tony Horwitz and his fine book, "Confederates in the Attic."

A relentlessly convivial and engaging Torontoan, SBS takes us on a glorious pub crawl through the fun of getting drunk with friends or strangers in saloons, fields, etc. He follows these drunken yin episodes with earnest yang attempts to evade the skull-pounding queasiness society seems to view as the necessary punishment heaped upon anyone it deems as enjoying their humanity just a tad too much.

Have a home remedy? It's likely he's tried it and shares his findings as part of his scholarly — burp — research.

Hungover is already the No. 1 bestseller in the Amazon substance abuse category, an indication to me that those who are categorizing books for Amazon should use a belt or two. Because this is a substance appreciation book.

He takes what could be an enjoyable lark of a book and mortars it with enough useful facts and actual hangover cures to have done the world — the fun part of it - a real service.

Scott Gould says

Fantastic premise, but could have used some judicious editing. Gonna see if this magical mix of vitamins and elixirs works tomorrow...

Stephen Altena says

It's about hangovers, but it's really about the author's own relationship with booze. He takes us on a number of adventures, in the name of research. He is his own test subject. It's humorous; he doesn't hold back on his drunken exploits, but he is also very honest about the physical and emotional pain of the morning after the night before.

chris says

politically clueless wannabe-gonzo white straight male writers are not for me. he brings in lots of interesting historical, cultural, and scientific tidbits, but the attempt to add supposedly-interesting personal narrative just killed it for me. too many agonizing tales of fear-of-introspection and self-loathing (in Las Vegas and elsewhere), plus one unscientific and poorly researched "cure", do not a good read make. i can't believe i slogged all the way thru. (ok, i gave up on a few chapters.) at least i pirated the pdf "_(?)_/"

Chris says

I'm leaving this un-starred because the writing is good, but I just don't care. I really don't.

Tom Franklin says

Something of a mess of a book, really. Given how much of a mess the author describes himself to be, this shouldn't be surprising.

To sum up, the author goes all over the world getting very, very drunk, then being very, very hungover. Attempts at hangover cures are tested, with the author coming up with his own combination of drugs by the end.

I found his story to be frustrating and annoying at times -- reading about yet another hangover and the things he's doing while incredibly hung over (for other writing assignments) got tiresome quickly. However, his ability to write a dangned fine sentence every now and then earned him the third star for my review.

Jessica says

I feel it's appropriate that I've finished this on NYE, even though I plan on staying in (with a bottle of sparkling wine). All my favorite nonfiction elements are here -- memoir, factoids, and some science. The author meets some really interesting people, and has some truly cringey experiences which make this book a fun read.

MichaelR says

A journalist recording many of his drinking & hangover experiences while travelling on writing assignments. History of hangover literatures and cures.

Steve Duffy says

As much "Hey look! I'm writing a book about hangovers and destroying my life!" as a book that informs you of hangovers and their remedy. I found most of the stories interesting but not compelling and found myself thinking this guy is a Peter Pan and needs to get to the point. Once at the point, he immediately says he's adding in 2-3 more ingredients and still working on it. Whatever
