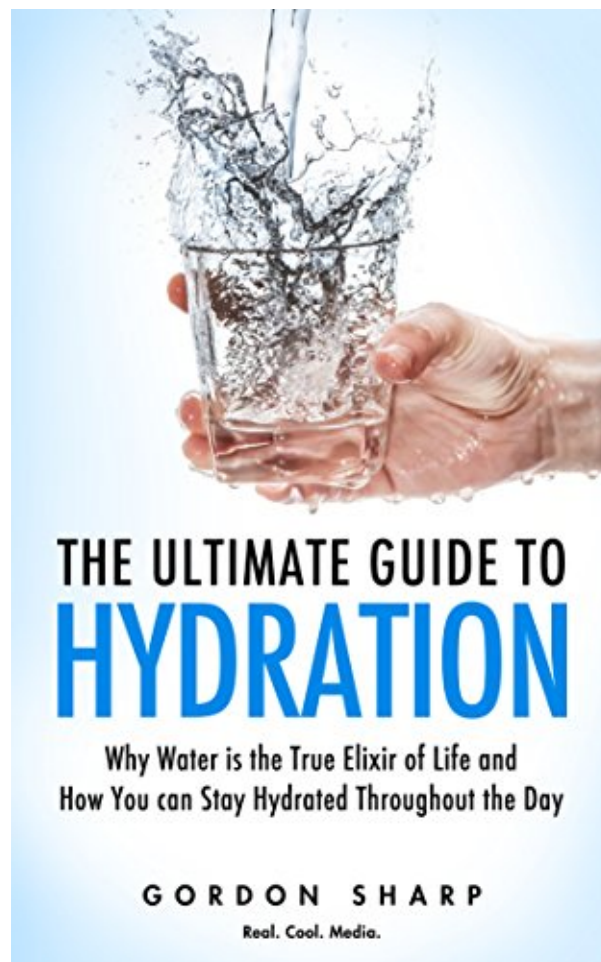


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“Here is a book that will explain you why and how much water you should drink every day. It has helped me significantly in leading a healthy life by motivating me to include sufficient water into my diet.” – Suzy Mathews

Do you suffer from dehydration? Well, here is a book that offers smart tips so that you can keep your body hydrated.

A dehydrated body is an unhealthy body that is vulnerable to various types of diseases. According to health experts, almost many common diseases can be linked to dehydration. Therefore, in order to stay healthy and to lead a disease-free life, you should drink plenty of water regularly.

This book “The Ultimate Guide to Hydration - Why Water is the True Elixir of Life and How You can Stay Hydrated Throughout the Day” is an extremely helpful book that explains in detail the importance of drinking water. Moreover, it also provides you with useful tips so that you can develop the habit of drinking water to keep your body hydrated.

It is essential to keep your body hydrated, as it helps you maintain the right body temperature, get rid of bodily waste products and much more.

Among many things, this book will teach you about:

- The quantity of water that you should you be drinking.
- The importance of water for your body.
- Hydration vs Dehydration.
- Water as the Elixir of Life.
- How drinking water assists in losing weight.
- Some recipe ideas to make water taste more appealing.
- And much more!

This book is highly recommended for those who do not know the benefits of water and how it helps you to maintain a healthy body and a clear mind. So go ahead, get this book and take your first step towards a healthy life!

“This book is really helpful for health-conscious people. Not only does it explain the importance of drinking adequate water to hydrate your body, but it also provides you with a list of interesting apps that help you monitor your water intake. – Antony Visser

“You should certainly read this book. It is really surprising how this book works like magic in motivating you to drink water! Hats off to the author!” – Andy Lewis

- Sales Rank: #233741 in eBooks
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