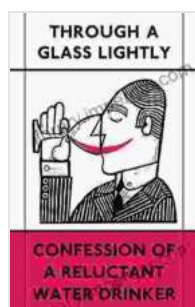


Confessions of a Reluctant Water Drinker: The London Library



Through a Glass Lightly: Confession of a Reluctant Water Drinker (The London Library Book 7)

★★★★★ 5 out of 5

Language : English
File size : 662 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 97 pages



I have never been a water drinker. I have always preferred the sweet taste of soda or the bitter tang of coffee. But when I moved to London and joined the London Library, I was forced to confront my aversion to water. The library has a strict policy against food and drink, so I could no longer bring my usual beverages into the building.

At first, I tried to sneak in water bottles, but the librarians were always on the lookout. I would often find myself hiding in the stacks, trying to finish my water before anyone caught me. But one day, I was caught red-handed by the head librarian. He was a stern-looking man with a booming voice. I thought for sure that I was going to be kicked out of the library.

But to my surprise, the head librarian simply smiled and said, "I know how you feel. I used to be a reluctant water drinker myself. But once I started drinking water regularly, I realized how much better I felt. I have more energy, I sleep better, and I'm just generally healthier." I was skeptical, but I decided to give water a try.

At first, it was tough. Water tasted bland and boring. But I kept at it, and gradually, I started to develop a taste for it. I began to notice how much better I felt after drinking water. I had more energy, I slept better, and I just generally felt healthier.

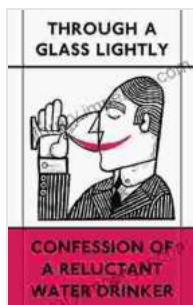
I am now a convert to the joys of water. I drink water every day, and I feel so much better for it. I'm grateful to the London Library for helping me to overcome my aversion to water. It's one of the best things I've ever done for my health.

If you're a reluctant water drinker, I encourage you to give water a try. You may be surprised at how much you enjoy it.

Here are a few tips for reluctant water drinkers:

- Start by drinking small amounts of water throughout the day.
- Add a slice of lemon or lime to your water to give it some flavor.
- Drink water before, during, and after exercise.
- Carry a water bottle with you at all times.
- Set a goal to drink a certain amount of water each day.

I hope these tips help you to become a more hydrated person. Cheers!



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