

Amazing out of the box idea that has worked for me
Posted by Larry Bird - 12 Jun 2022 23:54

Hi guys!!!!

I thought of this idea this morning, and tried it a few times today.

Whenever you get an urge, and you don't see a way out of that feeling, drink a large cup of water.

it has to be large, like 20 oz.

Drinking water is great for you health wise, and it'll already make you less anxious knowing that you did something to improve your health. It also clears your mind so right after you already feel much better.

Guys, please try it, and let me know if it works for you!!!

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Re: Amazing out of the box idea that has worked for me
Posted by Markz - 13 Jun 2022 02:37

[Larry Bird wrote on 12 Jun 2022 23:54:](#)

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What about water boarding?

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Re: Amazing out of the box idea that has worked for me
Posted by Markz - 13 Jun 2022 02:46

What about water boarding - does anyone know if it works?

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