

Over Coffee: A Coffee Lover's Story



Over Coffee: A Coffee Lover's Story. by Jennifer Lenhardt

★★★★★ 5 out of 5

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I love coffee. I mean, I really love coffee. I love the smell of it, the taste of it, the way it makes me feel. I love everything about it.

My love affair with coffee began when I was a child. My parents would always have a pot of coffee brewing in the mornings, and I would sneak a sip whenever I could. I loved the way it tasted, and I loved the way it made me feel. I was always so happy and energetic after I had a cup of coffee.

As I got older, my love for coffee only grew stronger. I started drinking it every day, multiple times a day. I would even wake up in the middle of the night to have a cup of coffee. I was addicted to it.

Eventually, my coffee habit became a problem. I was spending too much money on it, and I was drinking too much of it. I was starting to have health problems, and I was losing sleep. I knew I needed to change.

So, I quit. I went cold turkey, and it was one of the hardest things I've ever done. But I did it, and I'm so glad I did.

Quitting coffee was the best thing that ever happened to me. I'm healthier now, I sleep better, and I have more money. I still love coffee, but I don't need it anymore. I can enjoy it in moderation, and I don't let it control my life.

If you're struggling with a coffee addiction, I encourage you to quit. It's not easy, but it's worth it. You'll be glad you did.

Here are some tips for quitting coffee:

- Set a quit date and stick to it.
- Taper off your coffee intake gradually.
- Find a substitute for coffee, such as tea or juice.
- Get support from friends or family.
- Don't give up! Quitting coffee is hard, but it's possible.

If you're a coffee lover, I hope you'll read my book, *Over Coffee*. It's a memoir of my lifelong love affair with coffee, and it's a story of how I overcame my coffee addiction. I hope my story will inspire you to take control of your own coffee habit.

Free Download your copy of *Over Coffee* today!



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