

# Behind the scenes of how coffee influences a girl, times three

[Business](#), [Industries](#)



Believe it or not, a good coffee can determine a girl's mood. We wake up in a bad mood until the coffee is in our hands. The first sip of coffee taken influences how girls will act throughout the day. A bad coffee results to a bad-tempered girl and a good one resulting in a more positive way. Girls will be pleasant to be around to say the least. Peoples moods play a huge role in how someone day will go. As well as Impacting the one's surrounding the girl. Needless to say, coffee controls a girls actions. Initially, a portion of caffeine motivates a girl to do many things.

Some being; working hard, staying focused, and being able to multicas. The three to five hour p of stimulating the central nervous system, keeping someone focused is very helpful for the time being. One downfall to drinking coffee is the " caffeine crash. " Girls' look past the negatives, drinking it anyway to get things done in a timely fashion. An equally important reason as to why coffee is such an influential substance in a girls life when it comes to motivating is how it affects their grades. It alps many study and prepare wisely for a test.

Motivationis an essential to a girls daily life. Coffee happens to be the key to success in most females eyes. Yet coffee may affect how girls act motivationally speaking and their attitudes towards the universe, the " look" of having coffee has a significance to girls. Society revolves around the word "cool" in this generation. That being said, someone with a coffee in their hand walking down the school hallway or vigorously crossing the city street on the way to work. One feels superior to another that holds reams of power. A sensation of confidence rushes through your body.

The one cup of coffee a girl drinks has more meaning than just loading up on caffeine to get a person through the day. It symbolizes confidence and power. On another hand, it can take a turn for the worse. " Addiction is characterized by the repeated, compulsive seeking or use of a substance. " A physical dependence on something is what they would call an adaptation to a substance. Not always does the substance have to be something dangerous or illegal. Coffee for example is not a harmful item, but the consumption of coffee can advance to worse problems.

Too much leads to heart palpitations and the jitters. Feeling not so powerful or confident and more like a zombie that TLD get enough sleep. The way people drink coffee can be crucial. Some girls drink it to be what they don't understand is that not receiving the correct amount of nutrients can slow down your metabolism, causing you to actually gain weight. Substituting coffee in for meals can progress into worse diseases. Taking care of your body is important. In today's life outer beauty means a lot more than it should to people.

Causing girls to put themselves at risk in many ways. In conclusion, that drink made from coffee grounds has multiple significance's in a girls' role. Not only by controlling one's mood, to compel a person's actions and determination, or even indicate a sense of confidence while holding a cup of coffee. Coffee has its positive and negative influences on girls. Some females using coffee as an excuse to be thin or look superior to the world. Maintaining coffee supplements throughout the day is very important. Once you have had it, you can never go without.