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I quit smoking  
about a month ago  
after reading Allen  
Carr's Easy way for  
women to stop  
smoking. I knew  
going into it that I  
was going to quit  
on the day that I  
did no matter what.  
The first couple of  
days that I quit no  
book, patch, pill or  
anything other

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than a coma could have made easy. I was angry, I was aware that I wanted to be unkind.

### Allen Carr's Easy Way for Women to Stop Smoking

The best way to strip a cast-iron pan of seasoning is to run the pan

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through your oven's self-cleaning cycle. Remove the pan from the oven. Place 1 tablespoon flaxseed oil in the pan and, using tongs , rub the oil into the surface with paper towels.

The Ultimate Way  
to Season Cast Iron  
| Cook's Illustrated

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Professional bakers often have a proof box on hand. Home cooks don't. Or do they? When professional bakers let dough rise, they often make use of a proof box: a large cabinet that holds the air temperature between 80 and 90 degrees and humidity around 75

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percent—condition  
s ideal for yeast  
activity ...

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Turning Your Oven

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The Best Way to  
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Practice Doesn't  
Always Make

Perfect When It  
Comes to Getting  
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The Best Way to

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- AskMen

The thought of bringing a sharp razor anywhere close to your genitals might be downright frightening.



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However, shaving your genitals can give you a clean, sleek look “down there” as part of a larger manscaping routine. Always start by carefully trimming the area with electric grooming clippers.

[How to Shave Your Genitals \(Male\): 14](#)

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### Steps (with Pictures)

The joy of decorating for the holidays can be dampened a little by a pesky half string of lights that refuses to glow.

While your instinct may be to just toss the whole string and buy a replacement, there

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are some simple Easy

measures you can

take to possibly

repair the string. At

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4 Easy Ways to Fix

Christmas Lights

That Are Half Out

...

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Illustrated Cooking

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cinch. Removing  
the husk and silk  
from an ear of corn  
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stop smoking  
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humorous comfort zone for smokers.

This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good.

'If you follow my

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wonder where the  
day went? You  
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need to

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and start on your  
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personal approach  
to timeboxing is at  
the core of the  
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technique and this  
book is filled with

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advice on how to get started and how to tailor it to your own needs.

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Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical

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the habit.

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that explain an  
unfamiliar  
technique or guide  
them through the  
crucial part of a  
recipe can be



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steps, including a photographic sequence for each of its 300 dishes, positioned alongside the recipe so the reader doesn't have to go searching for it in a separate techniques section. The Illustrated Step-by-Step Cook also

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and every finished  
dish. The structure  
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snacks and  
starters,  
progressing to  
mains (subdivided  
into fish, meat, and  
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and concluding

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with desserts and baking. With reliable recipes from internationally renowned cookery teacher and food writer Anne Willan, this book allows anybody to cook classic recipes perfectly and with confidence.

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