

Comfort Food Nook

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tired of feeling overwhelmed and drained by your digital devices you are not alone in our hyper connected world we are all drowning in a constant stream of notifications emails and endless scrolls we feel overfed and undernourished consuming hours of digital content but left with nothing but anxiety envy and a sense of emptiness this is the digital hangover but what if you could change your relationship with technology without resorting to a drastic digital detox introducing the digital diet a sustainable practical solution for anyone who wants to reclaim their focus and their peace of mind based on the author s personal experience and anecdotes you ll learn how to diagnose your digital hangover and understand the neuroscience behind app addiction create tech free zones in your home to protect your sleep your relationships and your focus build digital firewalls to proactively shield your peace implement tech curfews discover fun analog alternatives to mindless scrolling digital diet 101 is not about abstinence it s a sustainable positive blueprint for making technology work for you your more focused present and intentional life starts now

santa barbara is so much more than just a pretty vacation destination tucked amid the swaying palms red tile roofs and white sand beaches is a vibrant food culture ready to be explored there are taco stands fine dining restaurants and daily farmers markets waiting to satisfy your every appetite eat local sea urchin fresh off the boat at the harbor grab a late night breakfast burrito from a window inside a convenience store taste your way through menus that pair the area s famous central coast wines with farm to table dishes that change with the season meet the friendly and inventive chefs chocolatiers and other food producers who call santa barbara home many of the area s best eats and eateries can be found on small side streets and tucked in quiet neighborhoods from mom and pop shops to historic local landmarks let unique eats eateries of santa barbara be your guide to the hidden and not so hidden foodie gems in this paradise known as the american riviera come hungry

lonely planet s vietnam cambodia laos northern thailand is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you visit chiang mai the cultural capital of northern thailand discover a secret beach on cambodia s koh rong or loosen up in ho chi minh city all with your trusted travel companion get to the heart of vietnam cambodia laos northern thailand and begin your journey now inside lonely planet s vietnam cambodia laos northern thailand travel guide up to date information all businesses were rechecked before publication to ensure they are still open after 2020 s covid 19 outbreak new pull out passport size just landed card with wi fi atm and transport info all you need for a smooth journey from airport to hotel improved planning tools for family travellers where to go how to save money plus fun stuff just for kids what s new feature taps into cultural trends and helps you find fresh ideas and cool new areas our writers have uncovered colour maps and images throughout highlights and itineraries help you tailor your trip to your personal needs and interests insider tips to save time and money and get around like a local avoiding crowds and trouble spots essential info at your fingertips hours of operation phone numbers websites transit tips prices honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss cultural insights give you a richer more rewarding travel experience history people music landscapes wildlife cuisine politics over 70 maps covers hanoi halong bay ho chi minh city phnom penh siem reap sihanoukville vientiane luan prabang bangkok chiang mai chiang rai golden triangle and more the perfect choice lonely

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childhood holiday memories are so sweet decorating sugar cookies building snowmen telling santa our dearest wishes but most of all we remember the wonderful smells coming from mom s kitchen christmas comfort classics is filled with recipes for making your own holiday special for a festive brunch country club eggs and apricot almond coffee cake are sure to please on snowy days treat the kids to gingerbread pancakes and christmas cocoa warm em up at lunchtime with lela s beef vegetable soup easy main dishes like quick one pot burrito bowl and sour cream spaghetti will help you get dinner on the table in a jiffy create new holiday traditions with baked ham with citrus mustard dressing or mom s barbecue brisket nina s corn pudding zucchini pecan bread and carrot apple slaw will make it a meal they ll always remember easy pulled pork for a crowd and aloha chicken wings are perfect for party time welcome the new year with roasted red pepper spread pauline s spiced peanuts and champagne punch cheers of course we couldn t forget christmas sweets fill your cookie trays with cherry twinkles elf thumbprints and grandma s jelly cookies delight everyone at dessert time with red velvet poke cake you ll find easy to follow directions using familiar ingredients plus sweet holiday memories and clever tips for creating your own sweet memories

how to seduce a sheriff sexy will fletcher is back in blackwater lake for the summer no one s more excited than april kennedy the woman he left behind eager to avenge her heartbreak on the man who hurt her all those years ago april is determined to make will fall for her but this time she ll be the one to walk away taking the job as temporary town sheriff gives will the opportunity to make amends to his family and april while he doubts the little town is big enough for the awkwardness between them her ability to forgive forget and maybe even move forward amazes him is there new love blooming between them or is this lawman going to land in a bucket of heartbreak

los angeles so california restaurants covers over 2 000 restaurants in los angeles so california including orange county palm springs santa barbara and more this handy guide contains zagat survey s trusted ratings and reviews for area restaurants based on the opinions of diners like you the trademark reviews and corresponding ratings for food d cor service and cost are organized alphabetically in a user friendly format use the indexes arranged by cuisine neighborhood and special features like in places winning wine lists or romantic places to find the perfect restaurant for any occasion now with a color foldout map neighborhood maps stick on bookmarks new cover added interior color and more

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