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# Lucia's

## SURVIVAL GUIDE *and* COOKBOOK



LUCILLE CAMPILONGO

# Lucias Survival Guide And Cook Book

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## **Lucia's Survival Guide And Cook Book:**

*Lucia's Survival Guide and Cookbook* Lucille Campilongo, 2009-05-12 Whether you're a young Adult leaving home for the first time or an anxious parent nudging your precious offspring out of the nest Lucia's Survival Guide and Cookbook is a fun and easy manual for anyone faced with the daunting task of creating their first home Filled with helpful tips on everything from the first trip to the grocery store to removing the worst laundry stains this guidebook is a no nonsense primer for all the basic tasks involved with homemaking Easily adaptable to any new living situation the guide comes complete with everything you need to know for keeping a clean comfortable home It also includes an Italian cookbook with recipes even the first time cook can quickly master From tips for choosing a new apartment to a list of essential items one must always have on hand it uses a pragmatic and comprehensive set of instructions to show anyone how to easily and properly set up their new home Written in the loving style of a mother sending her child off into the big wide world Lucia's Survival Guide and Cookbook will turn any rookie into an accomplished and confident homemaker

**Beyond Survival** Lucia Ballori, 2018-06-28 It all starts with YOU Have you been kind to yourself What steps have you taken to look after yourself Combining research with real life experiences Rediscover Yourself Mind Body and Spirit is a book every woman should read It offers tried and tested methods to self care the ultimate way to ageing well Uncover simple practical and easy to follow steps and recipes in achieving optimum wellness in the body mind and spirit Having just gone through a major life crisis a divorce Lucia found herself in a dark place without a single pillar of support Being on her own forced her to reflect on her future and plucked the will to survive Emerging from the crises she learnt that she had always possessed the power to dictate her own path in life That she could mobilise her own resources to do what was best for her Lucia developed a passion for self care after going through a life crisis She has since formulated a personal system in nurturing a healthy body mind and spirit In this book she describes her own philosophy in keeping looking and feeling young that is proven to work she is the living example How do you keep looking young This is a common question Lucia gets when people unearth her age It became a motivation to write this book there was a strong need to articulate and share her formula If she can do it so can YOU [Forthcoming Books](#) Rose

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