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Nmami Agrawal is a nutritionist who keeps helping us with tips and tricks for a healthier life and today she shares with us some monsoon food rules to swear by.

5 Hacks To Keep Your Food Fresh

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Nutritionist Approved Tips inside
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which provides easy, straightforward
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your ... If you're married or have a
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How much of your income should you spend on housing? Here's how to tell OKAY we ' ll admit it – we can ' t go past a McDonald ' s drive-thru without stopping in for a 20-pack of chicken nuggets. But the one downside of this set-up is having to

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Mum shares ‘ genius ’ hack for opening McDonald ’ s ketchup sachets which makes dipping fries easier & fans are stunned

Even though tech is growing in importance in our lives — especially

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in a remote work environment — you can still mind your humanness ... We are surrounded by hacks, tips and tricks that ...

15 Tech Experts Share Tips To Help
You Learn To Love Tech

WE would do anything for a solid

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sleep and this simple technique promises just that. The “ military method ” helps you doze off in just two minutes and even the experts agree it works.

The ‘ military method ’ guarantees the best sleep ever and helps you

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doze off in just two minutes
Heatless curls have been trending on the app since early lockdown, as many women have taken the past year to cut heat styling from their routines completely. I've seen videos using everything from ...

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We Tried the Heatless Hair Tool All
Over TikTok That Promises Perfect
Waves

This latest hack comes from user
Vanesa Amaro (@vaneamaro91). The
TikToker has all sorts of cleaning tips
and tricks on her page ... it

“ genius. ” “ My mind is blown, ”

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TikToker reveals ‘ life-changing ’
hack for keeping your shower from
getting dirty: ‘ My mind is blown ’
This is the Hack ... to mind when you
need a PCB. They ’ ll explain why the
boards are purple, environmental

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regulations for PCB manufacturing in
the US, shared projects and tips and
tricks ...

Friday Hack Chat: Perfect Purple PCBs
These dorm room essentials will set
you up for success. A Magic Chef mini
fridge, Magic Bullet blender, and a

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Nespresso coffee machine are some
of our favorites.

8 must-have appliances for dorm
room living

It's tempting to say yes to every
camping trip, beach excursion, and
backyard barbecue, but if you're

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working with limited funds, you've
also got to keep your budget in mind.
It's still possible ...

These Budgeting Hacks Will Help You
Save a Little Extra Cash For Summer
Fun

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tech tricks
What is feng shui? Embrace balance and harmony with feng shui in the bedroom and feng shui in the living room. Designers tell you how.

You've heard of feng shui—but does your home have harmony?

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Create and preserve family keepsakes and heirlooms with these printing, storage, and display methods for old photos.

Here ' s how to organize photos for future generations

Most Ikea stores are now open again

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and so we've adapted this guide to make sure our tips and tricks are still relevant ... If you're thinking of taking back a larger item, bear in mind that you may ...

Ikea MoneySaving tips & hacks
While Bast posts the bulk of the

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family 's tips and tricks on TikTok,
her husband will chime in ... Luckily,
the clever parent already had a hack
in mind. “ Turn sweatpants inside out
with the tag on ...

Dad ' s hack for getting sweatpants
on baby girl is a ‘ lifesaver ’ for

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parents: ' My life is now changed '
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Here are just a few of our favorite tips and cooking hacks she ' s shared over the years ... reassuring meal you can cook with your eyes half-open and your mind elsewhere is important, according ...

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Top cooking tips from the Barefoot
Contessa

But over the years, we develop tips
and tricks with each passing storm.
Here are a few on an ever-evolving
list of hurricane hacks to help ... keep
in mind you do not have to leave
town.

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With more than 60 practical and creative hacks, this book helps you turn Raspberry Pi into the centerpiece of some cool electronics projects. Want to create a controller for a

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camera or a robot? Set up Linux
distributions for media centers or PBX
phone systems? That ' s just the
beginning of what you ' ll find inside
Raspberry Pi Hacks. If you ' re looking
to build either a software or hardware
project with more computing power
than Arduino alone can provide,

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Raspberry Pi is just the ticket. And the hacks in this book will give you lots of great ideas. Use configuration hacks to get more out of your Pi Build your own web server or remote print server Take the Pi outdoors to monitor your garden or control holiday lights Connect with SETI or

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construct an awesome Halloween costume Hack the Pi ' s Linux OS to support more complex projects Decode audio/video formats or make your own music player Achieve a low-weight payload for aerial photography Build a Pi computer cluster or a solar-powered lab

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How does coding change the way we think about architecture? This question opens up an important research perspective. In this book, Miro Roman and his AI Alice_ch3n81 develop a playful scenario in which they propose coding as the new

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literacy of information. They convey knowledge in the form of a project model that links the fields of architecture and information through two interwoven narrative strands in an “ infinite flow ” of real books. Focusing on the intersection of information technology and

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architectural formulation, the authors
create an evolving intellectual
reflection on digital architecture and
computer science.

Some people are content to use their
iPod simply to play music. Some
people want to do much more. Those

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people, and you know who you are, aren't satisfied until they get under the hood and tap every iPod trick available to them. They want to explore and experiment, create shortcuts, and unearth cool and unexpected things to do with their iPod that have never even occurred to

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their friends. Maybe they want to use their iPod to read email. Maybe they want to use it as a voice recorder, or a device to store their digital photos. Maybe they want to use iTunes visuals as a screensaver, use Java to expand iTunes functionally, or use a cheap Linux box as a server and

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access MP3 tunes. Or, maybe they just want to paint their iPod a custom color. For those people who want to get more much more out of their iPod iPod and iTunes Hacks is brimming with undocumented tips, tricks, and trade secrets for getting the very most from your iPod. This guide takes

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curious and clever iPod owners
beyond the obvious with 100
ingenious hacks that will delight,
entertain, and add astonishing power
to the iPod and iTunes experience.

Compelling tips and tricks to improve
your mental skills Don't you wish you

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Were just a little smarter? Ron and Marty Hale-Evans can help with a vast array of witty, practical techniques that tune your brain to peak performance. Founded in current research, Mindhacker features 60 tips, tricks, and games to develop your mental potential. This accessible

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Compilation helps improve memory, accelerate learning, manage time, spark creativity, hone math and logic skills, communicate better, think more clearly, and keep your mind strong and flexible.

It might be the long lines at the

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theater, the \$4.00 for a small bag of popcorn, or the cutting-edge technology that's now so readily available to the home market.

Whatever the reason, the home theater market today is booming like the soundtrack to Star Wars! Want proof? A Google search for home

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theater reveals over three million results. Yikes! It's simply undeniable: More and more people prefer watching their favorite movies, television shows, and videos from the comfort of their own sofas and couches. What's also undeniable is the inexperience of most people who

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Choose to install or upgrade their home theaters. Until now, the knowledge, technique, and experiences of those who've encountered similar conditions to yours could only be accessed through laborious web searches, stacks of magazines, and water cooler

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Home Theater Hacks from O'Reilly is the perfect remedy for this group. A smart collection of insider tips and tricks, Home Theater Hacks covers home theater installation from start to finish, purchase to experience. Just imagine: no frustrating trial-and-error process

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and better yet, no expensive appointments with installation experts. Home Theater Hacks prevents both by imparting down-and-dirty technique not found anywhere else. The book begins with a quick glossary of terms so you can speak the lingo when you go

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shopping, and then dives right into hush-hush, insider tricks. It's all covered where to find the right audio and video components, how to deal with speakers and wiring, understanding cable connectivity, mastering remote controls, how to fully grasp TiVo, and so much more.

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And to top it off, each of these insider tips is presented in a concise yet delightfully entertaining style.

Bringing the Jurassic Park dinosaurs into your living room has never been so easy! A seasoned veteran with numerous O'Reilly titles under his belt, author Brett McLaughlin leaves

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no stone unturned in helping you
customize your home theater
experience to your own personal
environment.

A car PC or carputer is a car tricked-
out with electronics for playing radio,
music and DVD movies, connecting to

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the Internet, navigating and tracking with satellite, taking photos, and any electronic gadget a person wants in a car. All these devices are managed and controlled through a single screen or interface. The only place car PC enthusiasts can go for advice, tips and tools is a handful of hard-to-find

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Web sites--until now. Car PC Hacks is your guide into the car PC revolution. Packing MP3 players, handheld devices, computers and video-on-demand systems gives you a pile too heavy to carry. But add a car and put them together, you've got a powerful and mobile multimedia center

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requiring no lifting. The next time you give kids a lift, you won't hear, "Are we there yet?" Instead, expect "We're there already?" as they won't want to leave the car while playing video games from multiple consoles. Car PC Hacks is the first book available to introduce and entrench you into this

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hot new market. You can count on the book because it hails from O'Reilly, a trusted resource for technical books. Expect innovation, useful tools, and fun experiments that you've come to expect from O'Reilly's Hacks Series. Maybe you've hacked computers and gadgets, and now

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If hacking is new and you would like to mix cars and computers, this book gets you started with its introduction to the basics of car electrical systems. Even when you're unclear on the difference between amps and watts, expect a clear explanation along with

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Whether you're venturing into car PC for the first time or an experienced hobbyist, hop in the book for a joy ride.

Sure, it's just what you've been clamoring for: an ultra slick, portable

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Version of the most popular console gaming system in the world. But Sony's new PlayStation Portable (PSP) isn't just a handheld gaming device. Beyond its killer graphics and spectacular widescreen LCD for unparalleled game play, it also sports wireless connectivity and a variety of

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multimedia features, including video, music, and digital photography. Your wildly versatile, endlessly powerful PSP practically begs you to hack and repurpose it to your liking. To save you the trouble and show you how to make the PSP do more than you ever imagined--and more than Sony ever

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Your PSP Tom Stefford
intended--PSP Hacks is one succinct volume of 50 of the coolest, most useful, up-to-the-minute hacks for this amazing device. You'll learn how to open your PSP's hardware and what to safely plug into it. You'll explore and put to good use every hidden feature of the device. You'll be

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able to move all sorts of multimedia onto your PSP and find ways to extend its wireless capabilities. And you'll find out how to get the very best experience out of online game play. With PSP Hacks, you can accomplish a whole lot more than good gaming on the PSP. You'll

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quickly learn to surf the Web with a PSP, chat in IRC, and use the PSP to read web comics, ebooks, and RSS feeds. Other expert tips and tools allow you to sync an address book to your PSP, watch UMD movies, fool iTunes into thinking the PSP is an iPod Shuffle, and much more. The

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Innovative hacks, tweaks, and how-tos in this essential guide make it easy to customize your PSP, take full advantage of features, capabilities, and functionality far beyond what's listed in the PSP user manual, and make your PSP perform countless tricks that only an all-in-one portable

Read Book Mind Hacks Tips Amp Tricks For Using Your Brain Tom Stafford entertainment unit as remarkable and revolutionary as this one could.

The authors bring readers more of the practical tips and tricks that made the first edition a runaway hit.

Completely revised and updated, this version includes over 30 new hacks,

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major overhauls of over 30 more, and
timely adjustments and touch-ups to
dozens of other hacks.

THE HOME RECORDING HANDBOOK

(Book). In this book, the third in the
Zen and the Art Of series, Mixerman

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distills the inescapable technical realities of recording down to understandable and practical terms. Whether musician or self-taught recordist, whether at home or in a full-blown studio complex, you'll discover a definitive blueprint for recording within the current realities of the

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business, without ever losing focus on
the core consideration the music
itself. As Mixerman writes: "The
moment you start to think in musical
terms, your recordings will improve a
hundredfold." This enhanced
multimedia e-book edition brings
recordists deeper into the concepts

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covered in the text. It features over an hour's worth of supplemental videos in which Mixerman demonstrates various recording techniques in a number of recording spaces. The clips provide invaluable insight into what to listen for when choosing gear and placing mics, and Mixerman walks us

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through all of this in well over an hour of clips. This multimedia eBook is an absolute must-have for anyone who enjoys recording music and wants to get better doing it. "Mixerman has done it again! With his signature humorous and entertaining style, he imparts a world of invaluable

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information for the aspiring recordist
and musician in an easy to absorb
(not overly technical) common sense
manner." Ron Saint Germain (300+
million in sales, U2, Whitney Houston,
311) " Zen and the Art of Recording
describes an approach rather than a
recipe. This is important because in

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the real world nothing works the same way every time. This is an excellent overview of the issues to be considered along with a broad variety of proven techniques for addressing them." Bob Olhsson (Stevie Wonder, Jackson Five, Marvin Gaye) "It's the videos here that really drive the

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narrative." Aardvark (Producer of The
Daily Adventures of Mixerman
Audiobook and Zen RPM) "In the
absence of an opportunity to
apprentice in a major recording
studio, this book is the next best
thing. A way to learn from the best."
William Wittman (Cyndi Lauper, Joan

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