

Best Exercise Equipment For Beginners 2025: The Whole Lot You Need To Begin Your Fitness Journey

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more than 100 000 copies sold named one of the top 10 cookbooks of 2017 by the los angeles times authentic asian cooking made simple for everyone jet tila knows a thing or two about authentic asian cuisine from a kid growing up in la in a thai and chinese family to a prominent chef restaurant owner and judge on cutthroat kitchen he brings his years of experience and hard earned knowledge

together in this breakthrough book step inside jet's kitchen and learn the secrets to making your favorite asian dishes taste better than takeout here are some of the recipes you'll learn to master korean bbq short ribs on coke jet's famous drunken noodles beef pho miso roasted black cod panang beef curry vietnamese banh mi sandwich sweet chili sriracha hot wings and if you haven't made your own sriracha yet jet's killer recipe will change your life all in all you get jet's 101 best asian recipes to impress your friends and family not to mention all sorts of chef's tips on flavor technique history and ingredients that will make you a better cook time to kick ass with your wok jet's style

my purpose in writing this short book is to share my thoughts with my loved ones especially the children in my life i hope these words will be a lasting legacy to my children and grandchildren as they grow up and after i am gone none of these thoughts are original or insightful they are simple truths and ideas but young people seldom take the time to sit down and think about basic things as people like me get older we see young people make mistakes or suffer or destroy relationships and friendships over simple and obvious issues i have often looked back and wished i had made some small things part of my approach much earlier in my life i still often wish i could impart some time gathered wisdom to my children and grandchildren to smooth their path allow them to avoid mistakes and give them a long term perspective in this short term short sighted world this book is my effort to share some of what i have learned these short chapters are not an exhaustive examination of the topics under discussion rather they are straight to the point and simple as a grandfather would make the point to a young person who is not excited about sitting down for a long discussion about meaning of life issues with granddad i hope the young people who read these words will get the gist for those who need more depth hopefully these words will get the discussion started i plan to share this book with my grandkids i hope it will be of interest to them but just as important i hope this book will be read and appreciated by many grandparents who love their grandchildren maybe my words will give them a chance to have a short discussion with their own loved ones they can share all or some of the points as they see fit they can share my thoughts and add to them their own take if they agree with me this may be an easy way to share some truth and advice if they disagree this will be a good place to begin the conversation i pray that once the habit of discussion with their grandchildren is established they can share other thoughts that are important to them god speed frank sanders

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