

# DOWNLOAD PDF BEHIND WITH THE LAUNDRY AND LIVING OFF CHOCOLATE

## Chapter 1 : Lynette Allen (Author of Behind with the Laundry and Living Off Chocolate)

*Behind with the Laundry and Living Off Chocolate: Life Changing Strategies for Busy Women [Lynette Allen, Janey Lee Grace] on racedaydvl.com \*FREE\* shipping on qualifying offers.*

Except as permitted under current legislation no part of this work may be photocopied, stored in a retrieval system, published, performed in public, adapted, broadcast, transmitted, recorded or reproduced in any form or by any means, without the prior permission of the copyright owners. Enquiries should be addressed to Crown House Publishing Limited. Caroline Lenton heard the show and e-mailed me to ask if I would write a book for Crown House Publishing. So, a huge thanks, Steve and the crew and a massive thank you to Caroline and everyone at Crown House Publishing forgiving me the chance to fulfil a dream. Apologies and thanks are owed to Tom Fitton who designed the cover; I know I got your brain wracked on this one! Thank you as well to photographer Paul Keevil; what a pleasure it is to work with you. As for my coaching journey, there are two people who are responsible for helping me to become the coach I am today – Jonathan Jay and Gabrielle Blackman-Sheppard. Their vision, trust and massive support during my learning curve gave me not only a whole host of new opportunities to shine but also the ability to help others shine too. Thanks vii Behind with the Laundry: A million thanks to Mum, Dad, Craig and Tracey for all their patience and encouragement as I babbled on, and great thanks to every single one of my friends who all give me so much support and love enabling me to be the very best I can. Lastly, all my deepest love goes to my husband, the gorgeous Nick, whose love, trust, patience and adoration gives me wings to fly – thank you. Use this book to consider how you run your life, the habits you have developed and your patterns of behaviour, both consciously and subconsciously. When I see clients for the first time, I talk to them about three things: Finally, it may seem odd that dehydration is on the list but its effect can be very debilitating and I will explain why. These three issues are all covered, giving you the opportunity to take control of your body and your life in a positive and healthy way. Behind with the Laundry: Inside is a host of tips that you can make your very own. Understand the real power of being a woman and having it all. Use them as you please: Time to put yourself first and look after number one Do you seem to come at the bottom of a very long Life feeling a bit dreary? This will get you thinking What turns you on? Where does your passion lie? Does the washing, ironing, cooking and. Yep, we wanted equality and we got it, we wanted careers and we got them – all great stuff – but no one realised that we would still have to fulfil our traditional womanly roles on top of these Behind with the Laundry.

# DOWNLOAD PDF BEHIND WITH THE LAUNDRY AND LIVING OFF CHOCOLATE

## Chapter 2 : Behind with the Laundry and Living off Chocolate pdf

*Behind with the Laundry and Living off Chocolate: Life Changing Strategies for Busy Women (Chinese Edition) [Lynette Allen] on racedaydvl.com \*FREE\* shipping on qualifying offers. This is book is specially for women, because we think that they are having a difficult time!*

Dark How we tested the finalists In order to test the effectiveness of each stain remover, we decided to test four different stains: These stains are both common and representatives of the different types of stains. Ink is dye-based with added pigments. Coffee and wine both contain tannins. Chocolate hazelnut spread is a trifecta of staining agents: We chose plain, white cotton fabric so as not to complicate the study with the science of fabrics and colorfastness. White cotton is one of easiest fabrics to stain, and stained white fabric is perhaps the most obviously destroyed. We splashed the fronts of seven shirts with the four staining substances, and then hung them to dry and set-in for a week. A week later, before we tested each product, we added fresh stains of the same substances to the backs of the shirts. We completed the pre-wash treatment process for each product according to the instructions on each label. These processes varied from five minutes to six hours. Then, we washed each shirt with the same laundry detergent, as to avoid bias. Then, we dried each shirt in the dryer. The best laundry stain remover overall Our selection for the best overall stain remover is OxiClean. It worked better than any of the other products we tested on each of the four different stain types. The oxygen-based stain remover successfully eliminated the most difficult of substances from white cotton shirts without damaging the fabric. Time is not the enemy of this super-charged stain remover; it worked even on week old, set-in stains. The powdered product started off the test ahead of all the others. First, it comes in a 7. If you only used it for stain removal, which uses less formula, the product would last much longer. The next benefit of this product, which is alluded to in its name, is its versatility. This is noted on the box: While the box is large, it can easily replace several cleaning products one might currently own. Best laundry stain remover OxiClean OxiClean is the best laundry stain cleaner on the market, and can replace several products in the laundry room. When researching stain removal, many blogs and articles discussed the importance of pretreating a stain by scrubbing, sponging, or soaking. The downside to scrubbing is that one can potentially damage the fabric with whatever tool used. Sponging is tedious and has various methods, like back-sponging and front-sponging, for different stains. But the informative panel of instructions on the back of the OxiClean box offers one set of instructions for any type of stain: We filled a clean sink with one gallon of cold water, filled the scoop up to the second line with the product though you can fill the scoop as high as the sixth line , added it to the water, allowed the powder to dissolve, and put in a cotton shirt stained with one-week of coffee, wine, ink, and chocolate on the front, and fresh stains on the back. The shirt soaked for six hours. Using hot water can also help treat the fabric depending on the stains, but make sure not to let things soak for longer than six hours—it could potentially start to damage the fabric. The instructions also advise to check for colorfastness of materials, but the product should be safe on all colors. Do not let the solution have a lot of contact with your skin i. The water turned slightly murky brown from the combination of fresh chocolate, tannins, and ink released from the fabric. It bubbled at first and turned an odd tint of green, but by the end of the six hours, the water was mostly clear. Amazingly, all of the stains were completely gone—both old and new—except for the one-week old ink stain, which faded to a light shadow of what it was before. Another benefit of this product is that after pre-soaking, one can add the stained product to the wash, or use another detergent for a second application. Unfortunately, in our test, this did not get rid of the ink completely, but it came very close with minimal effort. Giving the stain a second soak in the OxiClean would have done the trick. What this means is that even though OxiClean is an oxygen-based stain remover and should work best on stains caused by coffee and wine tannins , it successfully broke down dyes and the complex chocolate spread stain with protein and oil, as well. Though articles and websites boast about using the right solvent for the right stain, it seems like OxiClean is the right solvent for most stains. OxiClean works best on all four

## DOWNLOAD PDF BEHIND WITH THE LAUNDRY AND LIVING OFF CHOCOLATE

major types of stains. The cost for an entire load of laundry is less than 10 cents. OxiClean can replace several products in your laundry room. None of the other products are small enough to carry in a purse or a pocket, or can be used while you are still wearing the stained garment. Further, using a Tide Pen appears to be a useful pre-treatment option, when finding somewhere to soak or spray your clothing is not an option. Gentlest laundry stain remover for fabric Gentlest Option Shout Advanced Shout is gentle enough to leave on fabric overnight for extra tough stains without damaging your favorite clothes. The instructions did warn about colorfastness with khaki, but it was the only product that suggested leaving the product on the stain overnight without concern to your fabric. While browsing the products on Amazon, it became clear how great a bargain OxiClean is. These products all came in spray bottles or pens, varying between 14 to 22 oz, and cost anywhere from eight to 11 dollars. While OxiClean could launder up to loads, none of these other products could successfully clean stains. For example, a 3-pack of Tide pens cost 10 dollars and contains only an ounce of stain removing fluid. None of the products were as versatile as the winner, which was the only one that claimed to work on non-fabric stains like grout. None of these products offered the soaking option, and none indicated that you should scrub the fabric first to break the substance from the material. Though pre-treating seems to be the essential step in stain removal, these products all suggested the same method: All of the products said to check for colorfastness, though Resolve Max and Shout gel said outright that they should not be used on khaki. Shout refers to their website on the back of the bottle in case a buyer wants to know more about using the product. Best on-the-go stain remover Tide to Go The Tide Pen is the best stain remover to use when in need of a fast, no hassle treatment. Any surface underneath the fabric is then covered in a slimy, filmy residue. Unfortunately these products did not measure up to the simple soak that OxiClean offered in ease or effectiveness. Spending less time treating the fabric before washing proved to be a huge problem in the results of this study, in that none of the products besides OxiClean removed a stain entirely in one treatment, regardless of whether they were fresh or set-in. For the fresh stains, all products besides OxiClean left behind a very light or partial stain, and for the set-in stains, the remnants were darker depending on the product. If we were to rank the products, second place would go to Shout , which worked second best on all of the stains besides chocolate. Zout was a close third; the stains were just slightly darker. To us, this seems like it has something to do with the pre-treatment process of letting the product sit on the stain overnightâ€”which is the only clear similarity between the products, besides their ability to oxidize a stain. While a Tide pen is convenient for instant-stain prevention besides ink! The Tide pen costs more money for less product, but can be used conveniently and quickly. Best practices Through our study, we discovered that pre-treating or soaking the stained product allows the stain time to break down in the solution of your choice. Though we tested stain removers with different combinations of coffee, wine, ink, and chocolate fighters, the ones that worked the best were those that sat on the fabric and penetrated the chemical reaction the longest. The process of preparing a sink to soak the clothing only takes a few minutes, and if you set an alarm, then the stained fabric can be forgotten about for six hours. Know your stains and fabrics. Knowing the stain and fabric will always help assess the difficulty of the situation. Are you dealing with hot or cold liquid? Is the article of clothing dry clean only? These questions will help you figure out where to start. The bottom line The best product for the most complex chemical interactions is OxiClean. Not only did the product eliminate all of the stains besides the week-old ink stain, which it did fade substantially , it is also the best price, the best in usability, and the most versatile. If you find yourself with evidence of your lunch on your shirt before an important meeting, the Tide Pen is the best option for a quick fix because of its portability. If maintaining the quality of your favorite shirts matters most, Shout is the best option for overnight treatment without damaging fabric. And for even more cleaning power, check out our post on the best laundry detergent. OxiClean - Versatile Stain Remover OxiClean stands out as the best laundry stain The Brookstone foot massager is the best overall foot massager for anyone looking to improve their general health and relax.

## DOWNLOAD PDF BEHIND WITH THE LAUNDRY AND LIVING OFF CHOCOLATE

### Chapter 3 : Read e-book online Behind with the Laundry and Living Off Chocolate: Life PDF - Cravings Ca

*Behind with the Laundry and Living off Chocolate Life changing strategies for busy women Lynette Allen Accompanying CD narrated by Janey Lee Grace.*

At first, the judges did as Sara hoped – they complimented the couple on the nice soft glow and drama of the space in their hallway. But then they turned on the rest of the lights. He was confused by their execution saying they get some things so right, and so wrong. They liked the great storage in the laundry but again, it lacked execution. And the power room copped it as well with Neale describing the dirt on the floor and the overall unfinished paintwork in the rooms as a disaster. The offending garage-sale display. Supplied But they did get complimented for their lighting behind the artworks and step lights along the hallway. Supplied Their laundry had good storage but lacked execution. Supplied – while the powder room had unfinished paintwork. Kerrie and Spence have topped the leaderboard for the second week running. Although the Buyers Jury were uninspired with their apartment, likening it to a stale office, Kerrie stepped it up big time adding plenty of quirk including a 2 x 2 metre artwork of a chicken in heels. All three judges applauded the pair on their choice of artwork. The positive feedback continued into the laundry with Darren asking: The powder room got a big tick as well – the basin, the mirror, the vanity. Supplied Their laundry also ticked all the boxes, with the judges loving their herringbone wall. Supplied The vanity, basin and mirror in the powder rooms were also winners. Supplied – as was the rest of the room. Darren said the artworks could do with being closer together. The powder room got much more praise, with Shaynna describing it as glamorous, particularly the vanity. Darren said the orientation needed more work and suggested they flip the door around to see the best features of the room as they walk in. The WA couple came second last, but they were still six points ahead of Hayden and Sara. Supplied Neale loved their wooden shelf along the wall of the hallway. Supplied The judges also loved the tall mirror, artwork and trendy lights. Supplied The terrazzo floor in the laundry was a winner. Supplied As was their vanity in the powder room. But they came back, got the job done and Jess also managed to secure some great local artwork. They all agreed the hero was the ceiling with its heights and choice of pendants. They loved the offset skylights and how it sent light down the hall. They found the laundry beautiful and very compact. The judges loved their golden-coloured framed mirror and pendant lights in the hallway. Supplied The laundry was very compact and styled beautifully, according to the judges. Supplied The judges had issues with the orientation of the laundry and the powder room. Supplied They went for herringbone floors. Supplied – and marble just like their kitchen bench, in the powder room. Netballers Bianca and Carla had problem after problem with their rooms from waterproofing issues to tiling drama. The judges loved the skylights and how the art lights were in the well. Shaynna also thought their signature cabinet by the front door was really beautiful and consistent with the rest of the apartment. Looking at all of the art choices this week Shaynna thought it makes the apartment feel a bit more fun and quirky. Into the laundry, they loved the tiles and timber laminate on the bench. Supplied The girls were commended for their signature wooden cabinet. Supplied Their dark theme continues into their powder room. Supplied – and into their laundry. Supplied The judges loved how it had plenty of storage space.

### Chapter 4 : New PDF release: Behind with the Laundry and Living Off Chocolate: Life - Rigid Flex PCB Lib

*Behind with the Laundry and Living off Chocolate Behind with the Laundry:Behind with the Laundry 8/12/06 Page 1 Behind with the Laundry:Behind with the Laundry 8/12/06 Page 2 Behind. patience and adoration gives me wings to fly – thank.*

### Chapter 5 : Los Angeles Times - We are currently unavailable in your region

# DOWNLOAD PDF BEHIND WITH THE LAUNDRY AND LIVING OFF CHOCOLATE

*Behind with the Laundry and Living Off Chocolate for sale on Trade Me, New Zealand's #1 auction and classifieds website. Satellite sites. Trade Me; LifeDirect;*

## Chapter 6 : The Block Hallway, laundry and powder room reveal

*Get this from a library! Behind with the laundry and living off chocolate: life changing strategies for busy women. [Lynette Allen] -- Revealing her inspirational, intuitive and realistic tips for creating a balanced, fun, stress-free and fulfilling life, Allan offers perspectives on life.*

## Chapter 7 : Yellow Rooms | Martha Stewart

*Read or Download Behind with the Laundry and Living Off Chocolate: Life Changing Strategies for Busy Women PDF Similar success books A Million Bucks by How to Overcome a Crap Job, Stingy - download pdf or read online.*

## Chapter 8 : The Best Laundry Stain Remover of - Your Best Digs

*Lynette Allen is the author of Behind with the Laundry and Living Off Chocolate ( avg rating, 10 ratings, 1 review, published ), How to Coach a W.*

## Chapter 9 : Search Home Plans by a Home's Features | House Plans and More

*Buy Behind with the Laundry and Living Off Chocolate: Life Changing Strategies for Busy Women by Lynette. Allen (ISBN: ) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.*