

# Introduction

**R**emember when you were a kid and your biggest problem was that imaginary monster lurking in your closet? All you had to do was turn on the light and—poof!—no more monster! Talk about a quick fix...wouldn't it be nice if it was still that easy to solve your problems today?

As a matter of fact, it is that easy! Did you know that you could slash your sky-high heating bills with an old tie and dry rice? Or fast-track weight loss with a fat-burning meal topper? Or get rid of those darn deer with a whiff of a dandy Deer Buster Eggnog? It's all true—and it's just the start of the fast, fun, and easy solutions that follow.

This book is filled to the brim with thousands of tried-and-true tips, tricks, and tonics that have made my life (and the lives of folks all across the country) a whole lot easier. This book really gets down to the nitty-gritty, helping you turn life's major mountains into manageable molehills.



**Part One** delves into personal finances. What with all the spending and saving options

folks have these days, financial planning has come a long way since I stashed my first few pennies in a piggy bank. But no matter how financial strategies have changed, these fundamental money-saving principles still work as well today as they did way back then.

We'll start by dealing with debt, budgeting your expenses, learning the ins and outs of savvy investing, and setting a good example for the kids! (After all, they'll learn smart—or not-so-smart—spending habits by watching you.) Then we'll head on over to the bargain boutique to discover how to get dynamite deals on groceries, clothing, furniture, and even appliances!

Of course, financial planning wouldn't be complete without slicing and dicing expensive energy bills. From drivin' around town to lighting your home to heating and cooling—we'll cut, cut, and cut some more to save you big bucks. In the process, you'll also learn how to be a little kinder to Mother Earth, too.

From there, we'll roam around the house, clearing out the clutter and organizing every room to a "T." Once your living space is picture-perfect, it's time to get behind the wheel of your beloved automobile. Even if you don't know a grease gun from a cap gun, my tips on repairing, maintaining, buying, and selling an automobile are guaranteed to put you in the driver's seat.

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Finally, we'll leave your worries behind with some well-deserved R & R. You'll learn how to get the best steals, deals, and meals along the way with terrific tips on efficient packing, low-cost flights and cruises, cheap car rentals, and finding the highest-quality lodgings for the lowest prices.



**Part Two** leads you down the road to good health with super solutions to help you get fit, eat right, and look great. We'll start by tackling problems like smoking, yo-yo dieting, and just plain being out of shape. Don't worry—it's easy to trade in your current lifestyle for a happier, healthier, and more active one!

We'll also explore the healing powers of 10 amazing "superfoods" that you should eat every day. Each one goes above and beyond the call of duty to deliver a potent dose of disease protection. You'll find dozens of remarkable recipes using these foods to help fight major ailments like arthritis, heart disease, and cancer and minor complaints like allergies, dry skin, and "senior moments."

And speaking of senior moments, we might not be able to stop the clock, but we can certainly fight the signs of aging. Get ready to boost your brainpower, prevent hearing loss,

keep your vision sharp, combat hair loss, and save your smile—using common, ordinary items you already have in your home!

Of course, eating right and getting fit are only part of the picture. Other problems can sneak up and make you plumb miserable, including stress, headaches, insomnia, and blue moods to name just a few. So I've included dozens of home remedies for a whole host of ailments to keep you feelin' as right as rain.

But it's no fun feeling good if you don't look good, too. Don't worry—we've got you covered in that department. Did you know that there's a four-star spa waiting for you...in your kitchen? That's right—you'll discover recipes for an amazing banana-honey moisturizer, a gelatin facial mask, an avocado hair revitalizer, and dozens more beauty treatments that'll make you look like a million bucks for just pennies on the dollar. And you can't beat that!

In addition to helping you feel and look good, we want to help you stay safe, too. Our tips will prepare you for most any kind of emergency that may come along.



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**Part Three** begins and ends in my favorite place—the great outdoors. After 50-plus years of helping folks all across America, I’ve learned a thing or three about growing great grass, terrific trees, fabulous flowers, and much, much more. Whether you want the most toe-ticklin’ turf in town, the bloomingest beds on the block, or the yummiest vegetables this side of paradise, I’ve got the tips to get you growin’ strong.

Starting with sod, you’ll learn all about feeding, weeding, mowing, controlling pests, and solving just about any and all problems that may plague your turf. Whether you’re a seasoned sodmaster, or new to the green scene, I’ll show you how to give your lawn the TLC it needs to turn into a regular field of dreams.

But what’s a lawn without beautiful beds and borders framing it? Not much, in my book. That’s why I’m sharing my secrets to growin’ the most fabulous trees, shrubs, and flowers in town without having to hire all those high-priced experts. With my help, you’ll be growing like a pro in no time at all, and love every minute of it.

Then it’s on to the veggie patch. My terrific tips, tricks, and tonics make it easy

to harvest big bushels of mouthwatering vegetables with a minimum of time, effort, and expense. You won’t believe how fast, fun, and easy it is—yum, yum!

And for a real culinary treat this year, try growing your own cook’s garden of herbal delights. Basil, thyme, oregano, and more... all fresh, pungent, and bursting with flavor. Just think of all the delicious dishes, herbal remedies, and handy helpers you can whip up (from the recipes scattered throughout this book), and all the money you’ll save when you do!

Finally, since no garden-friendly book would be complete without a nod to my fine-feathered friends, I’ve included a bunch of bird-errific bits to help you transform your boring backyard into a lively bird sanctuary. I can see it all now, swinging in a hammock on a warm summer’s day, sipping a fresh mint julep, and all while being serenaded by a bevy of beautiful songbirds. I tell you, it doesn’t get any better than that!

As you can see by now, I’ve thrown just about everything but the kitchen sink into this book, and for a very good reason. I want to give you the biggest bang for your book-buying buck—and I think I’ve done that. My goal is for you to use these problem solvers to make your home, sweet home even sweeter, get healthy and stay that way, and grow your own piece of paradise here on God’s green earth the fast, fun, and easy way!