

# INTRODUCTION

The title of this book says it all! In these pages, you'll find thousands of quick cures, handy hints, and super solutions that can help make your life simpler, easier, and more enjoyable. For example, you'll learn how to:

- ▶ **Relieve aches and pains** from the top of your head to the tips of your toes; alleviate colds, flu, and other internal woes; and heal external "owies"—without the potential side effects of prescription or OTC medications (Chapter 1).
- ▶ **Turn back the hands of time** with anti-aging tricks to help you shed unwanted pounds, get lots of health-giving sleep, ease stress and anxiety, and keep your mind in tip-top shape (Chapter 2).
- ▶ **Stay or become strong and fit** doing everyday chores in your house and yard, and make simple tweaks to your home and outdoor scene—even a mobile home—to create safe and comfortable surroundings now and as time marches on (Chapter 3).
- ▶ **Look years (even decades) younger** than your birth certificate says you are with timely tips to soften and smooth your skin, shine and strengthen your hair and nails, and refine your wardrobe and makeup routines (Chapter 4).
- ▶ **Clean your whole house** and everything that's in it—including your laundry—in less time and with a lot less effort than you ever thought possible (Chapter 5).
- ▶ **Declutter and organize your home** from the cellar to the attic to make your life easier, whether you're staying put for the long haul, or downsizing for a move to smaller quarters (Chapter 6).
- ▶ **Plan and host festive gatherings** using positively pleasing ploys that enable you to have as much fun as your guests—at an impromptu neighborly barbecue, an elaborate New Year's Eve bash, or just chillin' out in between (Chapter 7).
- ▶ **Perform fast and easy fixes** to your home's interior workings and everything else that's within the structure, including built-in cabinets and countertops (Chapter 8).

- ▶ **Deliver timely first aid** to banged up or bruised outdoor walls, windows and doors, as well as roofs and gutters (Chapter 9).
- ▶ **Keep your belongings looking good**, in tip-top shape, and on the job for years to come (Chapter 10).
- ▶ **Prevent household mishaps** like burst water pipes and safeguard your home and family against natural disasters like fires, hurricanes, tornados, and floods (Chapter 11).

In every chapter, you'll find fabulous features like **An Ounce of Prevention**, which clues you in on easy ways to stop trouble before it starts. For instance, indulging in a little musical interlude can help guard against cold and flu viruses (page 12). The ultra-simple trick on page 47 can stop a stress or anxiety attack in its tracks. And believe it or not, installing some inexpensive plastic vents on your roof can provide the strongest possible defense against hurricane-force winds (page 301).



The **Save the Day** boxes deliver just what their name implies: spot-on solutions that'll quash some of your most annoying challenges. Two examples: an astoundingly easy trick that can clear up brain fog (page 55), and another that instantly eases your agony when you've banged your thumb with a hammer (page 222). You'll also discover a super-simple remedy to rescue a deck that's become a splintery mess—so you don't have to tear it out and build a new one (page 252).

**Terrific Trio** also lives up to its moniker. Each of these roundup features spotlights three easy, offbeat ways to solve problems. You'll discover superstar performers that'll remove hard-to-erase water spots from a wooden table (page 134). Another potent—and decorative—trio will keep skeeters from bugging your guests at an outdoor gathering (page 184). And the Sweater-Saving Solutions on page 283 will reveal three common mishaps that befall these knit garments and how to prevent them.





**Powerful Potions** are delicious, easy-to-make beverages that provide important health benefits. Three cases in point: **A Berry Good Balance Blend** on page 62 can help improve your bone strength and density, which are crucial for good balance and overall strength. **A Tropical Treat for Your Skin** on page 95 is jam-packed with nutrients that help keep your skin soft and wrinkle-free. And the **Super-Duper Energy Drink** on page 253 puts pep in your steps while delivering plenty of powerful anti-aging antioxidants.



**Fantastic Formulas** are foolproof mixtures that'll solve or prevent tough dilemmas of all kinds. On the outdoor fix-it front, the **Fast-Aging Shingle Formula** on page 244 will help new wood shingles blend right in with the older ones on your roof. The **Stale Closet Refresher** on page 157 will keep all your storage spaces and everything in them smelling fresh and clean. And **A Sweet Softening Scrub** on page 86 will smooth your skin and fill it with deep-down moisture.

The **Ask Jerry** segments resolve common, but highly annoying, problems like silencing a squeaking floor without pulling up all the wall-to-wall carpeting (page 202). You'll also find sometimes-surprising answers to questions like "Is it possible that my favorite snack food may be causing my arthritis pain?" (page 5) or "Is it true that when a tornado is approaching, you should open your windows to minimize potential roof damage?" (page 303).



Last, but far from least, we've included a special **Appendix** that's filled to the gills with **132 all-new Powerful Potions** and **Fantastic Formulas**. With this team of miracle workers at your beck and call, you can solve almost any problem, big or small, in the wink of an eye. These heavy hitters are simple to make, safe and easy to use, and a snap to find when you need them. They're presented in chapter-specific order, and all are related to the subject matter at hand.

In short, **Quick "Cures," Handy Hints, and Super Solutions** is your one-stop "shop" for highly effective shortcuts that'll save you time, money, and effort. They'll make your life easier, safer, and a lot more fun, too. So without further ado, let's get this problem-solving show on the road!