



# STRESS FREE DINNER PARTIES

How to plan, host and enjoy your party

ALEXANDRIA BLAELOCK

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# Contents

Introduction	(included in sample)	1
PART ONE: Plan Your Dinner Party		7
Budget		9
Guests		13
Theme	(included)	25
Food		29
Drinks		37
Other Needs		51
PART TWO: Prepare For Your Dinner Party		61
3 - 4 Weeks Before		63
1 - 2 Weeks Before	(excerpts)	73
The Day Before		83
The Day		87
The Day After		99
APPENDIX A: Notes for Dinner Guests		101
APPENDIX B: What Alexandria Does	(included)	113
APPENDIX C: Our Italian Themed Dinner Party		117
Glossary		131
Bibliography		133
Index		135
Thank You		138
About the Author	(included)	139



# Introduction

HELLO UHANKT FOS BVbING Mb errn I krsh lwkhs vér x  
s ædq dgg kr vvd Dlqqhu Pduvé vkdwlv vðnhg der xwir ughf dghv  
ir uðvkh ulj kwuhdvr qv

Dlqqhu Pduvhw f dq eh dz hvr p h j hww j hvkhuv fhdeudvqj  
iulhqgvkls s chdvuh dgg ehdxvé vkhé gr q wqhhg w eh dv kr u  
uliélqj é vuhvixodv vælqj w j hwlq w dq Iyé Lhdj xh Vqlyhu  
vívé Fur p vkh iluvwlqndqj ri d qr v r q ri vkdulqj ér xu er xqvé  
z lvk r vkhu vkhé vkr xog eh dq häflvqj dgg hqmédech s x00h  
Aqg z lvk j r r g s ædqlqj dgg suhs dudvr q ér x fdq uhaä dgg  
hqmé ér xuj xhv w fr p sdqé iur p vkh p r p hqwkhé duulyh

Dr q weh ir r dhg eé vkh dj r qé dgg hf vavé ér x vhr r q uhddvé  
vchylvr q vkr z v dnh *T p u Cyu*vdqg *T Oàsyu- f :u* Fluvwr i  
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vlp s ch ru dv fr p s df dvhg dv ér x z dqww p dnh vkh p br x fdq  
vðnh dv p xfk ru dv dwh vlp h dv ér x dnh p lqxvhw w f duh  
ixæ s æv h x s ru vavé vkh ir r g gr z q lq dp lðvhr qg ru dhv

brx z loqr whyhq kdyh d f k h i n g j l q j v k h i r r g V q d w r i  
fr x u v h é r x d u h i u l h q g v z l v k r q h d q g k d y h l q y l v h g v k h p e x w l p  
l q f d q h g w v k l q n v k d w d q é f k h i z r x g r y h l w i é r x n v w p d g h  
v k h p v f u d p e d h g h j j v r q w d w e h f d x v h p d g h l w i r u y u'

I f d q w l p d j l q h v k d w r p h r i v k h f h d e u l v é f k h i v I y h v h q r q  
v h d y l v r q j h w l q y l v h g w p d q é s h r s d h v k r p h v w h d w G r u g r q  
S d p v d é l v y h u é x q d n h é w u h f h l y h d q l q y l v d r q w h d w l q p é  
k r p h A v l g h i u r p k r z j u x p s é k h d o z d é v v h p v I g r q w k l q n  
k h g d n h p é v l p s d h v é d h r i f r r n l q j

B x w d n h k h d u w E ä s h f v d r q v d e r x w h q v h u d l q l q j d u h l q d f r q  
v d q w w d v h r i f k d q j h

B h i r u h v k h q l q h v h h q v k f h q v x u é i r u h ä d p s d h D l q q h u P d u é  
v h u y l f h z d v : p v p - p à u v k h F u h q f k r u i d p l é v é d h l q z k l f k  
d o o g l v k h v d u h s u h v h q v h g d w k h v d p h v l p h d q g j x h v w k h s v k h p  
v h o y h v U k l v l v l p l a d u w v k h e x i i h w d q g l v d y h u é s u d f v f d o d s  
s u r d f k z k h q é r x k d y h d w e h l q v k h z d é r i i x u l v x u h

A w k h v x u q r i v k h q l q h v h h q v k f h q v x u é v k h S x v l d q d p e d v  
v d g r u l v u h s x v h g w k d y h l q w r g x f h g d q h z v é d h r i v h u y l f h : p

u l q z k l f k i r r g l v e u r x j k w w v k h v e d h l q v d j h g f r x u v h  
M r v w p r g h u q u h v d x u d q w d q g D l q q h u P d u é p h d o v q r z s u r f h h g  
l q v k l v S x v l d q v é d h

I w r q é d i h z g h f d g h v v l q f h D l q q h u P d u v h v z h u h v x o é  
i r u p d o d i d l u v z l v k g l q q h u v x l w d q g e r z v h v N r w k d w k r v h  
f d q w e h i x q w r e x w r q h g r h v h ä s h f w d v x o d i é l q j g h j u h h r i  
j r r g p d q q h u v d q g d v h s d u d v h g l q l q j u r r p i r u v k d w M u v B h h w q  
z d v h q v u h é f r u i h f w z k h q v k h f a l p h g D l q l q j l v v k h s u l y d j h  
r i f l y l d v d r q I q v k r v h g d é v l w z d v v k h s u l y d j h r i v k h  
z h d o k é v k h k r v h v v h w v k h g d v h d q g g h v h u p l q h g v k h g l v l q  
j x l v k h g j x h v w k h u C r r n v h w k h p h q x d q g s u h s d u h g v k h i r r g  
d q g k h u B x v h u p r u h r u d h v f r r u g l q d v h g h y h u é v k l q j h o h U k h  
k r v h v u h f h l y h g k h u j x h v w v d i h l q v k h n q r z d h g j h v k d w k h u  
k r x v h k r o g p d f k l q h u é h q v x u h g d o v k h d u d q j h p h q w z h u h  
s h u i h f w d q g v k h p h u h é k d g w e h f k d u p l q j

Iq vkr vh Hdd ér q Dlqqhu Pduvé Ddév glqqhuv z huh döz dév  
aduj h dqq ir up do fr qvadvhg z lvk dq lqir up do dwwh glqqhuir u  
xs w hlj kwj xhvw z lvk z kr p ér x z huh lqvlp dvh Ukh p dqqhuv  
z huh vtoo ir up do exwvkhu z dv dhv fhuhr qé ihz hu fr xuvh  
dqq vkh ehwvklqd z dv qrwxvhg Ukh guhv frgh z rxog eh  
oxqj h vxlw udvku vkdq z klv vh

Mrghuq dih fhqvhv r q vlp sch lqir up dodqg lqvij udvhg du  
udqj hp hqw Mdqé ri xvgr qr wkdyh d vhs dudv nlvkhq glqlqj  
rudylqj ur rp v mvrqh ur rp sr vlcé ghdqhdvhg eé vlvhix  
duhd uxj v Oqh eé rqh vkh ir up do eduilhuv ehv hq s hr sch  
kdyh vds shg dz dé dqq Dlqqhu Pduvé er xqgdulhv kdyh p r yhg  
d dwwh w df fr p p rgdv vkr vh fkdqj hv wr

Uklv errn vxj j hvw dq lqir up dods sur dfk w Dlqqhu Pduvhv  
dvxplqj vkdwlv qrwdq räép rur q ri lw rz q Iwdlp v w  
p dälplv vkh vlp h vshqwz lvk ér xujxhvw dqq plqlplv vkh  
vlp h vshqwlq vkh nlvkhq z uhvdqj z lvk ir rg sur gxfv r q Uklv  
ds sur dfk lv khshg eé dq rshq sadq adér xw dv ér x fdq fkdv  
z lvk ér xujxhvw z klch ér x sadv xs dqq shukds v vrp h  
hqvhus ulvlqj shuvr q z lookhsh vdvqvihu s adv iur p fr xqvhuvs  
w vdeh

Iuhfrpp hqg vkdwér x vdvweé uhdglqj vlv errn fryhu w  
fryhu w j hwd ihhdqj iru vkh fr qvhw dqq vkhq jr ryhu vkh  
ryhudos adqlqj dqq vfkhgxdqj hdp hqw d vhr qg vlp h Y h  
dookdyh gliihuhqwxseulqj lqv dqq hgxfdv r qv vrp h ri lw  
pljkwqhhg pruh vkrxjkwkdq r vku elw Oqfh ér x uhfrp  
ir uvdeh z lvk vkh ryhudos ur fhv ér x fdq vdvws adqlqj ér x  
rz q Dlqqhu Pduvé

Ighv fuleh vkh sur fhv dv li r qh shuvr q lv vnlqj fduh ri vkh  
z kr dh hyhqwIwlp xfk hdvlhuz khq ér x kdyh vrp hr qh w khos  
exvér x fdq kr vvd idex xvDlqqhu Pduvé dr qh li ér x dp lwér xu  
dvs ludv r qv dqq sadq lwr xvyhué z hoo

br xup hdovhuylf h p dé fr qvlvwi dqé qxp ehuri fr xuvh  
ghs hqglqj r q ér xu v p h dqg lqj hqxlvé Awvk h yhué dhdwér x  
vkr xqg fr qvghuilyh fr xuvh

A suh glqqhu gulqn z lvk dj kwwqdf nv s hqglqj  
vkh duulydor i døj xhv

A d vp dailuvwfr xuvh dwdedh

t d vhr qg aduj hu fr xuvh z lvk vlg hv

a d vp døvz hhwfr xuvh

a Criihh ru vhd z lvk dir uvilhg z lqh dt xhxu  
ruglvadvr q dqg d dwdh vz hhwvhdwr ufkr fr avh

br x fdq uhgxfh vklv eé fr pelqlqj vkh ds ulvi dqg ds sh  
vhu ru fr pelqh ghvhuwz lvk glj hvli ru ervk Cr qyhuvoé  
ér x fr xqg häsdqg vklv eé vhuylqj dqé qxp ehuri lqglylgxdo  
glvkhv vht xhqvdæé dvp dqé ri vkh aduj hu vhw p hdovgr

- Ukuhh ds shvhu fr xuvh hj vdir rg vrxs  
dqg vdæg
- Ukuhh p dlqv hj ilvk irz o elug dqg ilhg  
sdvæuh dqlp dov dnh fr z vru vkhs
- Ukuhh ghvhuw hj fuhdp iur Ohq dqg iuxlw

Bxwiruér xurz q vdqlvé vdnh Ep læ Pr vw dgylf h dqg riihu  
qr pruh vkdq hlj kwfr xuvh v lqf oxglqj ds ulvi dqg glj hvli

Y klh Muv Bhhw q p dgh vrp hsr v hqvdovhdvr qdop hqx vxj  
j hvlr qv ervk :p v p- p à u dqg :p u vkhé z r q wz run  
iru d vr æ kr vwdqg gr q vwxlwp rghuq vdvhv Cp:v I upt  
h -x up-t B p à dqér qh

Uklverrn xvhv vkh hädp s dh ri dilyh fr xuvh glqqhu iru vlä  
shrs dh Iwgudz v dj dlqv Mduf h ad Hd0dq v Txp s v r xv Txp p hu  
Dlqqhu p hqx iur p khu häfh hqwf r r nerrn E u- ð: v

Stress Free Dinner Parties

C:p à Kp:q̇- C , à x Mé yhuvrqv ri vkh uhflshv vkrz q  
ehrz duh fr qvdlqhg lq A u-tà C c Kp:q̇- hyu' ut Dâ-u

A ulfr wdl dgg dqfkr yé fur vql z lvk Pur vhf fr  
r s vlr qdoCdp s dul

A shqqh z lvk ur dvhg s h s s hu vdx f h dgg  
Pur vhf fr

t s dq ur dvhg yhdodgg j uhhq ehdq vldg z lvk Pl  
qr wGulj lr

a p dqj r hv dgg vwdz ehulhv lq vz hhwz klv  
z lqh z lvk Mr vf dw

a friihh ru vhd dp duh w dgg elvfr w



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this sample

CHAPUES



# Theme



ALL DINNES PASUIET NEED A vkhp h w khos qduur z grz q  
ér xur s v r qv Av z hœdv eh lqj d fr gh vk dwn hhs v ér x ir f xv hg  
r q vkh v p h fr vwdqg r x v r p h lweulqj v w j hv kh u vk h ir r g v d  
edh gh fr ud v r qv dqg w dq hã v h q w vk h f r vk h v vk d w é r x z hdu  
lq w d fr k h u h q w h y h q w

Iwgr hvq wkdyh w eh d vkhp h lq vk h v h q v h ri Ulv d q l f ru  
Mxug hu r q vk h Oul h q w E ä s u h v v k r x j k vk hé du h ri fr x u h  
p duy h œ x v vkhp hv Iw fr x œ g eh v r p h v k l q j d v v p s d h d n h I v d o  
l d q ru C k u l v d q v B l u k g d é A F u h q f k vkhp h z l œ s u r e d e é  
u h t x l u h p r u h v p h d q g p r q h é v k d q T r x v k h u q B d u e h t x h A  
i l v k d q g v k h œ i l v k vkhp h z l œ v d n h d h v v p h v k d q f k l f n h q e x w  
f r v w p r u h

I vxj j h v w q r w k d y l q j d D l q q h u P d u v é z l v k d H r x v h z d u p l q j  
vkhp h U k h v h d u h e h w h u d v y h u é f d v x d o d i i d l u v z l v k s l 0 0 d r u  
r v k h u f d v h u l q j D l q q h u P d u v h v e é v k h l u q d v œ u h d u h l q v p d v h  
d i i d l u v d q g l w l v e h v w w e h i d p l d d u z l v k é r x u q h z k r p h v  
s h u v r q d d v é v r v k d w l v g r h v q w h p e d u u d v v é r x I i v k h w l d h w f l v h u q  
v d n h v d i x œ p l q x v h v w u h i l œ é r x v k r x œ g n q r z v k d w e h i r u h  
é r x u j x h v w g r O u l i v k h v d s v p d n h d q x q s d h d v d q v œ œ x g q r l v h  
z k l h é r x z d l w i r u d q l q r u g l q d v h œ œ q j v p h i r u v k h k r w z d v h u  
w f r p h v k u r x j k O u z k h v k h u v k h f k l p q h é z l œ g u d z v k h v p r n h  
i u r p d u r d u l q j œ j i l u h I i v k h r y h q z r u n v d q g v r r q

## FOOD

Oqf h é r x k d y h f k r v h q é r x u v k h p h d p h q x z l œ r i v h q v x j j h w  
l w h a b r x u U l v d q l f g l q q h u l p s d h v s h u l r g h d p h q w d n h  
r é v h u v i l œ h w p l j q r q d q g Y d œ r u i s x g g l q j C r u u h v s r q g l q j œ  
C k u l v d q v B l u k g d é p l j k w l q f œ x g h k l v i d y r x u l v h g l v k h v r u  
I v d d d q é r x u v

## DRINKS

Edfk ri vkhvh vkhp hv lq frp elqdvqr z lvk vkh irrg lp sdhv p dfrklqj gulqnv Uklvp lj kwqr wehlp p hglvhoé ds sduhqwexw qr qh ri vkh suhylr xvé p hqvr qhg p hqvx duh dnhé w lqf oxgh Tdnl ru Ndp Bl Uxd

Dliihuhqwf xoxudo glvkhv j hqhudoé kdyh df fhs vhg gulqnv vkdwj r z lvk vkhp Trp hwp hv vkhvh duh uhj lr qdovs hf lddvthv vxfk dv d Ckldqvw eddqf h vkh dflglvé ri wp dv hv ru avvl w r iivhwkh vs flqhv ri d fxué Mdqé uhj lr qv dor kdyh vadgl vqrqdosuh dqg sr vwglqqhugulqnv dv z hoo

## AMBIENCE

brxuvkhp h dor vxj j hvwur rp dqg vdeghfr udvr qv Ulvdqlf p lj kweh vaduf khg z klvh dqhq vloyhu dqg fuévdo vkr xjk w nhhs vkh fr vwrz q érx p lj kwxvhs ds hu doxp lqlxp dqg j avl uhs uhvqvdvr qv Ckulvtdq v Bluvkgdé p lj kweh edorr qv dqg vvhdp huv z klch Ivddq p lj kweh uhg z klvh dqg juhq dqg shukds vfdqgdv z hgj hg lq vudz z uds shg Ckldqvw er vvhv

## YOUR OUTFIT

Inqrz vkwvkhuh lv dq hqr up rxv vhp s vdvqr w uxvk rxwdqg exé dqhz rxvvlw dqg vklv lv hädfvó vkh nlqg ri vklqnlqj vkdv fdq eoz érxuexgj hwPdumf xavué li lwlvq wz hoo vkr xj kw xw

brxu vkhp h p dé lqf oxgh uht xluhp hqw dnh shulrg védh eorrg vs dvhuvir uOrp elh rxvvlw juhq iru TwPdulf n vDdé ru r udqj hir u Hdor z hhq Avlgh iurp vkhvh vkhuh duh vrp hr vkhu vkqlj vér x qhhg w fr qvlghuz khq érx fkr r vh ér xur xvvlw

## *Cooking*

brx qhhg w vqlqn derxwér xup hqx ehfdxvh hdv ri p lälqj divlqj dqg ehqglqj p dvhu brx qhhg f vkhv vkdwduh orvh

hqr xj k w s hup lwd j r r g udqj h r i p r yhp hq wexwqr wvr α r v h  
vkhé gudj lq vkh i r r g r u j h w f d x j k w l q é r x u x v h q v l o

br x z l o e h l q d k r w n l w k h q d q g p d é q h h g s u r v h f v r q i u r p  
kr w r l o d q g v h d p b r x z l o d o r e h p r y l q j d u r x q g v h u y l q j i r r g  
d q g i h w f k l q j g u l q n v v r é r x z l o i h h o z d u p h u d q g p l j k w q r w  
q h h g d r d f n h w r u z u d s x q v o v k h g l j h w l i

Uklv lv dq lvvxh ir u vkr hv dv z h o o Ii é r x d u h v k h n l q g r i  
s h u v r q z k r z h d u v k l j k k h h o v d o v k h v p h d q g k d v z r q s u l O h v  
l q k l j k k h h d g u x q q l q j u d f h v v k h q é r x d u h s u r e d e é i l q h Ii é r x  
d u h q r w f r q i l g h q w k d w é r x f d q f r p i r u v d e é d q g h d j d q v é f r r n  
d q g v h u y h i r r g l q u h d o é k l j k k h h o v v k h q w é d s u d f v f h u x q r u  
v z r l i v k d w g r h v q v k h o s m v v z h d u o z k h h d g r u i o d w k r h v

Aqg dt x l f n q r v h d e r x w p d n h x s b r x z l o s u r e d e é e h z d u p  
d q g s h u k d s v d d w h v z h d v é d q g p l j k w q r w z d q w w e h g d v k l q j  
r i i w w x f k l w x s v r d d j k w d s s d f d w r q z l o e h v k h p r v w s u d f v  
f d o b r x f d q r i f r x u v h v h w k d w r x w r r

I k r s h I g r q w q h h g w p h q v r q v k d w é r x u f o v k h v v k r x o g e h  
f d h d q d q g i u h v k

### Guests

Uklqn der xwz kr vlqylvng ir uhädp s dh li Aeljdlo lveulqjlqj  
khu vhd0é er éiulhqg é r x p l j k w z d q w w z h d u v r p h v k l q j p r u h  
p r g h v w k d q x v x d O u l i é r x d u h k r v l q j d q h y h q w i r u v r p h r q h  
h o h é r x p l j k w d n h w i l q g r x w z k d w k h é d u h z h d u l q j v r v k d w  
é r x g r q w r x w k l q h v k h p r q v k h g d é

These pages  
are not  
included in  
this sample

CHAPUES



1 - 2 Weeks Before



NOY Y E SE GEUING CLOTES UHIT lv vr häflvqj Udnh d  
p rp hqww vñh d ghhs euhdvk dqg vdyr xu vkh ihhdqj Eyhué  
Dlqqhu Pduvé lv gliihuhqw dqg z klh vkh dhvr qv iur p vlv r qh  
z lœlqir up ér xu qhäw vkhuh z lœqhyhu eh dqr vkhu p rp hqw  
t xlvh dnh vlv

## GUESTS

Fr œ z xs z lvk ér xuj xhvww p dnh vxuh vkhé duh vlvœs œdqqlqj  
w dwhqg I z lvk I fr xœg uhdvuxuh ér x vkwvklv lv qr wd qhf hv  
vdué vhs exwĭ p vr ué w vdé vkwvr p h ri ér xuj xhvww z lœeh  
dhv häflvhg eé ér xu Dlqqhu Pduvé vkwq ér x duh dqg vkhuir uh  
dhv fr p lwhg w ehqj vkhuh Bxwdwdhdvkwkdyqj fr qilup hg  
vkh uhdydqwg dhv dqg vlp hvz lvk vkhp ér x z lœnqrz vkwér x  
kdyh gr qh hyhué vlvqj ér x fdq w hqvuxuh vkhé duulyh

Ii ér x duh lqf dqhg dhdyh vkhp d yr lf h p hvvdj h vdélqj vkw  
li ér x gr qr vkhdue dfn eé d f huwllq gdh ér x z lœdvxp h vkhé  
duh qr w fr p lqj Uklv surylghv dq hdvé rxwir u vkhp dqg d fxw  
rii iru vwhvvlqj der xwdwhqgdqf h iru ér x Aqg sr vlcé vkh  
r s sr uwxqlvé w uhgxfh ér xu iulhqgvkls jurxs w vkrvh z kr  
z dqww eh z lvk ér x

## FOOD

Bé qrz ér x vkrxœg kdyh suhs duhg p r wli qr wdœ ri ér xu  
glvkhv dqg kdyh p dg h dqé uht xluhg uhflsh ru p hqx w hdnv  
Shs dqlvk vkh vxs s dhv vkwgr q wqh hg w eh iuhv

Aur xœg der xw vlv vlp h wé d vf dhg grz q sudf vf h uxq ri  
vkh hqvuh p hdo Uklv z lœj lyh ér x d ehwhu lghd ri vkh vlp lqj  
dqg fr qilup vkwvkh glvkhv fdq eh p dg h dwvkh vdp h vlp h lq  
vxfk d z dé vkwvkhé fdq eh vhuylg dwér xu vfkghxœg vlp hv

Lhw œ r n dj dlq dvr xu Ivdddq vdp s dh p hqx

A ulfr wd dqg dqfkr yé fur vlvq z lvk Pur vhf fr  
r s vr qdoCdp s dul



## Stress Free Dinner Parties

A shqqh z lvk ur dvhg shsshu vdxfh dgg  
Pur vhf fr

t s dq ur dvhg yhdodgg j uhhq ehdq vdag z lvk Plqr w  
Gulj lr

a p dqj r hv dgg vwdz ehulhv lq vz hhwz klvh  
z lqh z lvk Mr vf dv

a friihh ru vhd dp duhvw dgg elvfr vw

Y khq ér x fr p h w ilqlvklqj dgg vhuylqj vkh dss hlvhu ér x  
fr xg kdyh vkh yhdofrrnlqj dgg vkh shsshu vdxfh allg dvlgh  
brx z loeht xluh d aluj h srwiru vkh s dvvd dgg d vp doo r qh w  
p howexwhulq dgg ér x z loqhhg vkuhh vxlvde cé vlohg kr vs avhv  
ruj dvexuqhu v Ii ér x fdq wdf fr p p r g d v h v k l v ér x z loqhhg w  
uhfr qvghu vkh p hqx

Fr u v k l v p h q x ér x fr x g p d n h v k h y h d o h d u d h u d g g u h k h d w  
l w r u f r r n l w l q d v a z f r r n h u r u v k h r y h q r u p h o w k h e x w h u l q  
d p l f u r z d y h d g g d g m v w é r x u v p l q j v d f f r u g l q j é

## DRINKS

Khhs vwf nlqj xs r q ér xu eh y h u d j h v d q g e r w h g z d v h u

## OTHER NEEDS

Ai v h u ér x u w l d o f r r n v ér x p l j k w i l q g v k d w r p h r i ér x u  
f r r n z d u h r u v h u y l q j z d u h d u h q r w d v v h u y l f h d e c h d v ér x k d g  
k r s h g b r x f r x g j r e d f n d q g x v h v r p h r i v k h C k u l v p d v  
v k h p h g r q h v é r x k d y h e h q j l y h q z k l f k z r x g e h s d u w f x a d u é  
i x q l i ér x f d q v h h d f k x j é s l h f h w r q h r i ér x u j x h v w O u ér x  
p l j k w s u h i h u w e r u u r z r u u h s a d f h v k h p

## PREPARE YOUR HOME

Y l v k v k h i r r g x q g h u f r q w r o q r z l v v k h v p h w i r f x v r q ér x u  
k r p h I n q r z I v d é q r z w r z h h n v r x w e x w l i ér x k d y h d o r w

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this sample

brx p lj kwdor z dqww vqlqn derxwz khuh érx fdq dffrp  
p rgdvh j xhvww z kr p dé kdyh guxqn wr p xfk w gulyh kr p h

## PREPARE YOUR YARD

Ii érx krsh w krøg érxusduvé rxvgr ruv or n dwkh duhd dqg  
ghf lgh krz p xfk z run érx qhhg w gr fdq érx nrvf dhdq dqg  
vlgé vkh duhd rugr érx qhhg w p hqg s dylqj ru uhs af h ghfn  
lqj Y lóérx qhhg vrp h nlqg ri vkdgh Y lóérx qhhg w jlyh  
érxuj xhvwp dsv slvk khq hw dqg p df khvhw w j hww vkh uhq  
gh0yr xv of dvr q Hrz p xfk vph dqg p rqhé kdyh érx jrww  
j hwwkh saf h xs w vldqg dug z lvr xwd uhddvé vhdylvr q vkr z  
lqvuyhqvr q Tvdwus xwlvj vkhvh vqlqj v dqg r vkhu v dnh p rv  
t xlw uhs hohqwlv érxu Dlqqhu Pdúvé Br rn

Awwk yhué dhdwér x vkr xog krvh grz q érxu hdvlqj duhd w  
uhp ryhglwdqg j xdqr Tfuxe érxur xvgr ruixuqlvuh dqg ddyh  
w gué Mr yh wr ov dqg doovkr vh kr xvkr og sur rhf wr iifxw edfn  
lqw vwudj h ru vkh elq Dlvf dug eur nhq ruglvxvhg ixuqlvuh  
dv z hōdv ghdg srws adqw dqg duudqj h érxu vxuylylqj s adqw  
dwad vlyhóé Ouj dqlv érxu vpr nlqj duhdv dqg saf h érxu exj  
uhs hohqwlv s adf hv z khuh vkhé fdq glvf uhwé gr vkhu mev

## OTHER TASKS

brx p lj kwdnh w p dnh safv iru dt xlf n dqg hdvé glqqhu vkh  
gdé di vhu vkh s duvé

### *Prepare a Seating Plan*

brx frxog p dnh d vhdvlqj saf dqg z ulvh rxwvhdvlqj fdugv  
Uklv fdq eh khōixoz khq p dqdj lqj uhdvrv qvklsv lq fluf xp  
vldqfhv z khuh érx kdyh qr fkr lf h iru hädp sh hqvhuvdllqj  
érxuidvku klvf xuuhqwdqg vkuhh hä z lyhv Avvxp lqj vkwqr  
rqh uhduudqj hv vkh fdugvir uixq Iwfdq dor eh xvhi xo iru hq  
vxulqj vs hfldoglhv p dnh vkhu ghvwdvrv qv dqg fr qvlg hulqj

krz ér x s adq w lqur gxfh Cdp hur q v adhvuj luóulhqq w vkh  
j ur xs Iwf dq dovr ar n s uhwé exwr ug lq dulé qr wqhf hvdué ir u  
d vp doog lqqhu

Iq vkh Hdé ér q Ddév vkh kr vwdqg kr vhwv vdwdvkh hqgvri  
vkh vdeh z lvk vkh r ghwvr u p r vwp sr uwdqwr p dq r q vkh  
kr vw ulj kw dqg r ghwv p r vwp sr uwdqwp dq r q vkh kr vhwv v  
chiwbr x p lj kws uhihu w vlvq vkh p lgg dh ehf dxvh lw qhdu vkh  
nlwkhq gr ru dqg vhdwj udqgs d vr p hz khuh gudxj kwiuhh

Mhq dqg z r p hq z huh vhdvng dohuqdvhé z lvk fr xs dhv vs dw  
ds duw li ér x fdq vhdws hr s dh vkwér x nqr z vkduh lqvuhvww w  
j hvkhu dqg wé w nhhs sr dlv doé r s sr vhg s hr s dh dvr s sr vlvh  
hggv xqdhv vkwds duwr i ér xu hä wihp lwedlvqj hqvuvdlq  
p hqws adq

### *Catch Up with the News*

Iw ér xu me w nhhs vkh fr qyhuvdvr q p rylqj gxulqj vhuylf h  
vr ér x p lj kwz dqww vduwnhhs lqj xs z lvk fxuhqwidiidlv  
vs ruw uhvow dqg vkh z hdkhu li ér x gr q wduhdgé Ii ér x doo  
ehrqj w d r f doj ur xs ru f kxuf k ér x fdq glv xv v r p hvklqj  
uhdydqwiur p vkhuh Ii lw vkh ulj kwnlqg ri s dué ér x fr xog  
kdyh vkh j xhvww vz ds vhdw dv vkh qlj kws ur j uhvhw

### *Prioritise Your To-dos*

Bé qrz ér x z lookdyh d r qj dvr i vklqj v w gr dqg exé br xu  
s ur ulhv z loeh gliihuhqwg hs hqglqj r q z khvku ér x z loeh  
hdvqj lqvlg h r u r xwlg h vr ér x qhhg w udqn vkh vlvn df fr ug  
lqj é dqg j hwp rylqj r q vkh p

br x fr xog gr vlvé é vkh fr vw vlp h ru hiir uwhuht xluhg ir u  
hädp s dh vduwé uhgr lqj vkh s dylqj Ovkuh vlp hv d r j lf dos adq  
ri ds sur df k z loovxj j hvvlwhá vxfk dvydf xxp lqj ehir uh vhdp  
fhdqlqj vkh f dushw Ou ehj lqqlqj z lvk vkh p r vwhäs hqvlyh  
hj ixuqlwuh r up r vwxuj hqw hj s oxp elqj

Plan Your Party Schedule

Avér xup hqx ilup v ér x f dq vduws adqqlqj ér xuglqqhuvfkhg  
xch A fr xuvh z løj hqhudæé vñh p lqxvñw w hdw ir o  
σ z hg eé d p lqxvñ euñdn Ii z h vduwz lvk r xu edvf  
p hqx dqg vkh nqr z dghj h vkwz h kdyh lqylvñg j xhvww w duulyh  
ir u vkh edvf vf khgxch fr xgσ r n dñh vlv

gulqn dqg vqdf n r q duulydo

iluvwf r xuvh dwde ch

vñfr qg aduj hur up dlq fr xuvh

ghvhuwf r xuvh

fkhvh li ér x duh kdylqj lwr u uñvñh iur p vkh vd  
ech z lvk fr iihh dqg vñdw

vduwhqfr xudj lqj s hr s ch w ddyh

Ii ér x suhihu w hdwvñhu vdé vkhq ér x qhhg w uñfr q  
vghu ér xuvfkhgxch Y loér x dæz dσ qj hus hulg ir u duulydov  
dqg s hukds vs adq d p r uh vxevdqvdods shlvñhu Y loér x z r un  
w d p lqxvñ fr xuvh lqvñdg ri p lqxvñ Ouz loér x fr q  
vqxh z lvk vkh p lqxvñ fr xuvh dqg ilqlvk advñu

Uklv lv dæσ hu r qdos uñhuhqf h eh lwér xuv r uér xuj xhvww Ii  
ér x kdyh d p lä ri r ghu dqg ér xqj hu j xhvww ér x p lj kwdñh w  
kdyh d t xlf nhu vñuylf h vñ ér xur ghu j xhvww f dq ddyh hdudhu  
dqg ri iihu d vqdf n advñu lq vkh hyhqlqj ir u vkh ér xqj r qhv

br x f dq vkhq vñh ér x vñuylf h vñ hv dqg z r un edfn w gh  
vñup lqh ér xus uhs dudvñr q vf khgxch

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# APPENDIX B: What Alexandria Does

UHETE ASE UHE KEB UHINGT I gr Ukhuh duh r vkhu dwdh vxj  
j hvwr qv khuh dqg vkhuh vkur xj kr xwkh errn

## DATE

I vxvdæ s lfn dgdv dur xqg w r p r qvkr xwdqg gr qr wfkdqj h  
lwxqdhv p é rz q fluf xp wdqf hv suhyhqwp h iurp fduélqj lw  
r xwr q vkdwgdé I fdøp é j xhv w vhh li vkhé duh iuhh ir uglq  
qhu dqg li vr dvn vkhp w errn p h lq li qr w I z lofkdwirud  
vkr uwz klh dqg vkhq p ryh r qw dqr vkhu vkdwz dé Inqr z z lvk  
uhdr qde hf huwllqvé vkdwI z lookdyh vkh uht xluhg qxp ehuv

I dp dovr t xlvh hä s dflwder xwvk h v p h ri vkh lqylvdr q I  
z lovs hf lié vr p hklqj dnh sp iru Uklv v h o p é  
j xhv vkhé vkr xqg duulyh di vhu dqg vkdwz h hdwdw

## GUESTS

Dhs hqglqj r q z kr p I dp lqylvqj I vuvvkh p w qr v h vkh gh  
vllor ru v h qg vkhp dq h d f w r q l f l q y l v d r q w j h w l q w v k h l u g l  
dué dqg kr s h i x æ d w p h n q r z li vkhé gh d v h l w T r p h w p h v  
ir u v s h f l d o r f f d v r q v I v h q g f d u g v l q v k h p d l o e x w q r w d v r i v h q  
d v I x v h g w

## FOOD

Y khq I s æ d q w p d n h d u h f l s h I d p q r w i d p l d d u z l v k I p d n h d  
k d ä v l o h v h w u x q e h i r u h v k h h y h q w U k l v k h o s v p h w j d x j h k r z

vk hglvk z looilwq vk h fr qvääwri vk h dñj hup hdo dqg vkdwkhs v  
p h w ghv hup lqh t xdqv h v ir u vk h elj gde

I dnh w s uhs duh dawk h lqj uhglhqw vr vkdwkhe duh uhgde w  
j r z khq I vdw w fr rn I s xöhyhué vk lqj r xwri vk h fxser dugv  
dqg dqh lwxs r q vk h fr xq v w s I p h d v x u h dawk h lqj uhglhqw  
r xwdqg fr p s d v h vk h f k r s s lqj p d n l q j v x u h v k d w dawk h lqj u h  
glhqw vk dwj r l q w vk h s r w d w k h v d p h w p h d u h k h g w j h v k h u I  
d o r f d d q x s d v I j r v d f n l q j vk h g l v k z d v k h u r u z d v k l q j l q vk h  
v l q n d q g d h d y l q j v k l q j v w g u d l q

## MY RELIABLE MENU

Mé sulp dué ir f x v l q k r v l q j g l q q h u l v h q m é l q j j r r g f r p s d q é  
vr I dnh w nhhs lwlp s d h Tr p h w p h v I j r v k u r x j k p é u h f l s h v  
dqg s l f n v k l q j v I z r x o g d n h w p d n h e x w x v x d o é I f k h d w d e l w

### *Apéritif*

I r i i h u d v h d f w r q r i g l s v d q g f u x g l w v i r u p é d s u l w i U k h p d l q  
e h q h i l w k h u h l v v k d w f k r s s l q j v r p h g l s l q j y h j h v d e d v g r h v q  
v d n h p x f k d g g l w r q d o h i i r u w r q w s r i s u h s d u l q j y h j h v d e d v i r u  
v k h p d l q U k l v d o r k h o s v z l v k v k h q x w i w r q d o e d a d q f h v k d w f d q  
v r p h w p h v e h a d f n l q j l q o ä x u é g l q q h u v

I f r p p r q é r i i h u r q é C k d p s d j q h d q g e h h u d v d q d s u l w i  
U k r x j k U r v h a d q g l v d j l q i l h q g v r l i k h v f r p l q j I o d v n k l p w  
p d n h j l q d q g w q l f v

### *Appetiser*

I q z d u p z h d v k h u I x v x d o é g r d s a d v h r i d q w s d w r r u v p d o o v d a g  
v k d w f d q e h p d g h d k h d g d q g h l v k h u v w u h g l q v k h u h i u l j h u d w u r u  
s a d f h g r q v k h v e d h z k l d h z h z d l w i r u v k h j x h v w w d u a l y h U k l v  
k d v v k h d g g h g d g y d q v d j h r i e h l q j s u h s d u h g d w k h v d p h w p h d v  
v k h d s u l w i d q g e h l q j u h d g é z k h q v k h j x h v w d u a l y h I z l o o v x  
d o é f d u é v k h C k d p s d j q h v k u r x j k p é i l u v w f r x u v h



Mé f r r o z h d v k h u i l u w f r x u v h d u h j h q h u d o é v k h n l q g r i v r x s  
I f d q p d n h d k h d g z k l f k k d v v k h d g g h g e h q h i l w r i d o r z l q j v x i  
i l f l h q w l p h i r u v k h i a d y r x u w l p s u r y h I i l w r q l r q v r x s z l v k  
j u x é h u h w d v l h v I z l o o x v x d o é f k r r v h d v h p l v x e v d q v d o z l q h  
d n h d B h d x m a l l v

### *Main*

I r i v h q u r d v w a p e u d f n v i r u p é p d l q v r I f d q f r r n v k h p h d v  
d q g y h j h v e d v l q v k h r y h q d w v k h v d p h v l p h I z l o o x v x d o é  
v h d p d j u h h q y h j h v e d h d q g x v h v k h f r r n l q j d t x l g w p d n h v k h  
j u d y é U k h u h l v d z l q h u é q h d u e é v k d w p d n h v d q h ä f h o h q w P l q r w  
N r l u v r I j h q h u d o é g h i d x o w w v k d w

### *Dessert*

I z l o o h v k h u s u h s d u h d i u h v k i u x l w e d v h g g h v v h u w d n h v k h r q h l q  
v k h v d p s d h p q x r u j h w r p h n l q g r i f d n h r u v d u i u r p r q h r i  
v k h h ä f h o h q w r f d o F u h q f k I v d d d q r u T s d q l v k e d n h u l h v b r x  
p d é q r w e h v r i r u w x d v h d v w k d y h d f f h v w d q é r i v k h v h z k h u h  
é r x d y h e x w d q é j r r g v d g l v r q d o e d n h u z k r v l o o x v h u h d o p l o n  
h j j v d q g e x v h u z l o o s u r y l g h h ä f h o h q w f d n h v d q g v d u w P u h v h u  
y d v r q l v q r w x v x d o é d q l v x h d v i u h v k r q h v g r q r w r i v h q d d y h  
d q é v k l q j v k d w u h t x l u h v v w u d j h

F r u v k h d f f r p s d q é l q j z l q h I s u h i h u d q r w w r v z h h w M r v  
f d w z k l f k f r l q f l g h q v d o é l v g h d f l r x v z l v k v r p h f k h h v h v d v  
z h o O u z k d v h y h u k d v q w e h h q g u x q n é h w z l q h g r h v q w d o z d é v  
n h h s y h u é z h o o

### *Cheese*

I g r q w x v x d o é f d v h u z l q h v s h f l i l f d o é i r u v k h f k h h v h v z h n a w w  
g u l q n z k d w d i w d q g z k h q z h u x q r x w l v d u w z l v k v k h g l j h v i v  
I g l g p h q v r q v l p s d h d q g i x q g l g q w l

Digestif

Fr u vkh glj hvwi I ør iihu iur p p é fr ðhf vkr q ri vs lulw dqg d  
t xhxuv Aq r wvdø dév s ruw vkr xjk I dnh d dwwh Llp r qf hør  
Ur vhaðqg dnhv J j hup hl vhu dqg Kdvé z lœkdyh d dwwh z klvné  
z lvk z dvhu

ALEXANDRIA'S OUTFIT

I dnh w j hwkh exon ri vkh ir rg fr rnlqj dqg vkh p hvvf dhdqhg  
xs ehir uh I guhv ir u glqqhu Av p é vr fldo vhwlf ðghv hdué  
elugv ru dwwk yhué dhdvshrsch z kr duulyh edqj r q vlp h I  
qhhg w vkr z hu dqg p dnh p évhá suvhqvdeh z lvk vkh p lql  
p xp ri vlp h dqg ixw éhwvvdø dør z p évhá vlp h ir ur qh ðlvv  
vz hhs w p dnh vxuh dølv lq rug hu

Fr u d p r uh uhaðhg glqqhu I z lœz hdu rhdqv dqg d wqlf w s  
z lvk øz khhdg err w dqg qdvudo ø r n p dnhxs Uklv lv qr w  
yhué gliihuhqww p é xvxdog dévlp h ø r n vr lwlj qdov w p é  
j xhvw vkdwd fr p ir uvdch dqg lqir up dohyhlqj lvr q vkh z dé

Ur xs vkh dqv h I z hdu d vhp l ilv h g vln vkh dvk guhv z lvk  
kr v h dqg ø z khhv Iwvvdø qdvudo p dnhxs exwl z lœxvh dhw  
qdvudof r ø xuv ir u hä dp sch exh héhvkdgr z lqvhdg ri slqn  
dqg dp ruh j ø vé ds fr ø xu

Y khq vkh j xhvw kdyh duulyhg dqg I dp sxwlvkj r q vkh ilq  
lvklqj w xfk hv I z hdu dq ds ur q dqg vdnh lwr ii z khq I vlwvkh  
vdeh I kdyh dq rshq s ðq nlv khq glqlqj duhd dqg vlv dp xv h  
p é j xhvw lp p hqvhé ir u vkh vkr xvzh lih dvs hf wr i lw

I NEWS hqvhuðlq j xhvw lq p é ø xqj lqj dur xqg vkh kr xv h  
f ø vkhv dqép ruh Kdvé vdév vlv lv shuihf wé dffhs vdeh li  
ér x kdyh d s éndp d vkh p h dqg I vkr xg fklørxw

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this sample

# About the Author



Y ulvhu dgg s klæ vr s khu Achä dgg uld Bæthæ f n dgylvhu hp eudf  
lqj vkh vklqj v vkwdp dwhu dnh ehdxvé iulhqgvkls dgg z lvgr p

Tkh dyhvlq Mhæ r xuqh Axvudd z lvk khu kxve dgg dgg w r  
Ldeudgr uv z khuh vkh lvfxuuhqvæ wæ lqj w eulqj d dwh Fp  
' Fà u dgylhvhu lq w khu dih Y klh vkh dnhvj lqj hu ehhu  
dgg kdp ur æv é r x duh p r uh dnhæ w ilqg khu gulqnlqj uhg  
z lqh z lvk dqvls dvw

Dlvf r yhu p r uh dw [dhä dgg ulde æthæ f n f r p](#)