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## Survival and Seduction Cooking for Guys (Paperback)

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By Russell Fike, Donald Fike

Flexible Pen Press, United States, 2012. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A guy s gotta eat. Every last one of us. This book will teach you how to cook tasty, quick and (if you want) healthy meals for yourself. Then up your game - you can invite a lady over for dinner and impress her. Acquire versatile cooking skills that become second-nature thanks to a clear path outlined by the unique comic perspectives of father-son writing team Donald and Russell Fike. Self-confident guys always attract and keep the best women. This book will get you there, or at least keep you well fed. You Will Learn: The equipment, food and spices you need in your kitchen Cooking terms, techniques, and how to improvise like a casual pro Freedom from the tyranny of recipes - How to adapt and cook what is on hand How to repair food disasters (no Duct Tape involved) The secret of SPOGO (SPOGO?) How to pay a compliment How to invite the right lady over for dinner or late night snack How to impress a lady with our Cooking Challenges You Will Enjoy...



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