

Stress Free Dinner Parties Cheat Sheet



Host a Stress Free Dinner Party - This Cheat Sheet Tells You How.

Having friends over for dinner doesn't have to be as terrifying as organising an international peace summit. Alexandria Blaelock, author of *Stress Free Dinner Parties*, says all you need is to make a plan and follow it. The first one is the hardest, but once it's done, the rest are much easier - you just follow the plan. She offers these hints to help:

1. Make a Plan

Decide how much you're going to spend, who you're going to invite and what your theme is. Once you've got that down, the rest pretty much falls into place.

2. Have a Practice Run First

Try your recipes out before the party. You need to understand the process so that you can work quickly. It's also good to know whether you need to tinker with the recipes.

3. Use the Carrot and Stick Approach to Get People to Turn Up

Sometimes your friends aren't as excited about your party as you are, so you need to remind them. If they don't come, let them know they missed the best Dinner Party in the history of time, or unfriend them Edwardian style - take them off your guest list.

4. Don't Forget the Other Stuff

Ideally, you'll clean your home within an inch of its life, but you can get away with a quick vacuum, a clean toilet and some fresh towels.

5. You Don't Need a Dinner Table for a Dinner Party

If you're a bit short on furniture (or other things), build your theme around it. Try an African Safari, Country Picnic, or Japanese *seiza*-style.

"Even if you can't cook, you can still relax and enjoy your Dinner Party," Blaelock says. "When you follow the plan, every decision narrows your focus and reduces the number of stressful actions. All that's left is whether a meteor will fall on your house, and that's very unlikely."

The ebook is US\$3.75, paperback US\$15.95, and hardback \$25.95. It's available at Amazon, Barnes & Noble, iBooks, Kobo, Smashwords, and all good bookstores.

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