Housing Le MERIDIEN - Latest Recipe

Activity Skills - cooking school

tion that "Real men don't cook".

81, No.21, Ln. 31, Sec.1, Da'an Rd.

+886-(0)2-2711-0707

This is a cooking school established by an Italian

This prescription targets the indecisive

Foodie Day

Strawberry pancakes, honey toasts, or that one amazing dessert infused with vanilla beans from Madagascar are frequent topics of discussion for the foodies. You won't find them at your run of the mill dive bars after work, but instead, they are at Bistronomy enjoying gastronomic delights accompanied by red or white wine. When you find yourself nitpicking over not just wine but also olive oil, you are probably becoming a supreme foodie!

PEKOE Grocery Store

This prescription nourishes the foodies

with well-chosen ingredients. This grocery store plus café comes with a higher

credibility before you even take a bite because of its food writer owner. PEKOE afternoon tea is served right next to the shop's kitchen island, and the other side is where fine wine, jams, selected vinegars, and olive oils handpicked by the food lobsters, king crabs, and steaks. The cost-perforwriter are displayed. Feel free to pick up the ingredients used in the afternoon tea to take charts and is well worth every dollar spent. home with you.

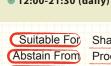
no. 7, Ln. 295, Sec. 1, Dunhua S. Rd. **20** +886-(0)2-2700-2602 **11:00-20:00** (daily)

This prescription targets those who are fashion thirsty even in the kitchen.

Jackie O once bought seven dresses from them; Carrie Bradshaw also strutted in Sex and the City

culinary professional, with a variety of cooking classes including Italian, Korea, French and Thai. Learn about exotic ingredients such as tamarind, wearing something by Marimekko a few times. Italian parsley, and red sea bream, and pick up And now, Marimekko has extended its chicness cooking skills that are easy to comprehend for to a line of aprons. The word apron also means just about anybody. Skills uses state-of-the-art the part of a theater stage in front of the curtain. cookwares, including those by BIALETTI, Transform your kitchen into a stage with a Lagostina, and Royal Copenhagen, and all of its Marimekko apron. ingredients are delivered from the Green & Safe Farm in Yilan.

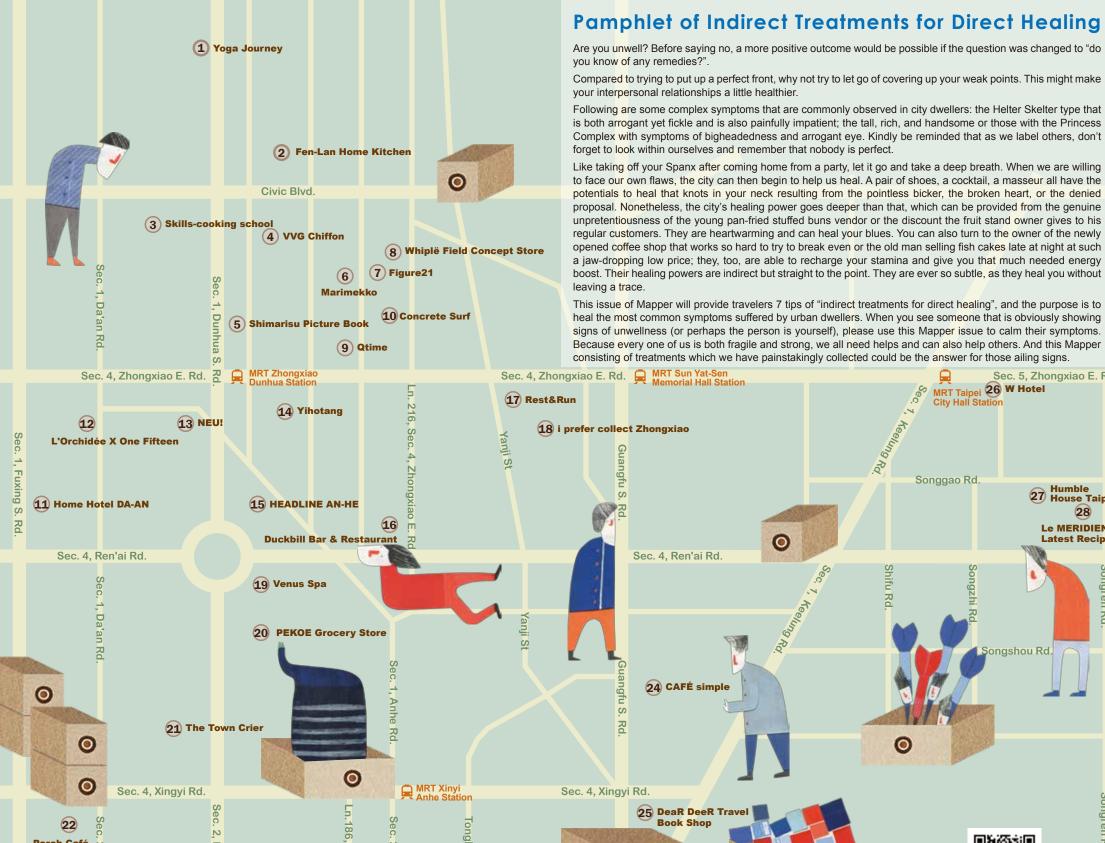
no. 49, Ln. 177, Sec. 1, Dunhua S. Rd. (6) +886-(0)2-8773-5808



Abstain From Products nearing their expiration dates and restaurant franchises

what you are."—Jean-Anthelme Brillat-Savarin, Master French epicurean Famous Person Dongpo pork is named after the famous Chinese poet Su Dongpo, and the particular and Dish attention that the poet dedicated in cooking pork can be appreciated in his poem,

■ 10:30-18:30 (daily) Suitable For Sharing is Caring. (Lucky Charm) Trust your own fine palate, and the quote "Tell me what you eat, and I will tell you Ode To Pork: "Slow the fire, hold the water, it comes alive when the time is right."



Wednesday 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16

Housing Humble House Taipei

without words.

🕆 No. 18, Songgao Rd. (27)

⊗ Check-in: 15:00, Check-out: 12:00

Civity Shimarisu Picture Book

anxieties for the infographers.

This prescription calms book-related

Books with pictures are easy, characteristic,

lively, and unrestricted. Illustrated books can calm

the infographers who suffer from book-related

anxieties, and they are also great for parent-child

quality time. Not to mention the therapeutic soul

soothing possibilities they can have for adults.

No. 8, Ln. 147, Sec. 4, Zhongxiao E. Rd. (5)

+886-(0)2-6631-8000

This prescription enlightens you

A place to rest your tired feet is always needed

when you travel. Humble House Taipei not only

provides comfort plus a good view like any

outstanding hotel should, and it also has some-

thing extra to stimulate your eyes. From video

works, sculptures to paintings, contemporary art

is well-incorporated in the hotel, surrounding you

23 B.A.B Restore

Infographer Day

The infographers that we are talking about here involves people that strive to be concise yet comprehensive and believe that simplicity is best. People with these characteristics believe that French-style elegance doesn't have to always involve a long and strenuous dinning ritual. Anything hipstery is also despised, along with a minor case of allergy for flowery language packaged ignorance. "A rose by any other name would smell as sweet", and a bowl of noodles is still a bowl of

Food Fen-Lan Home Kitchen

This prescription targets foodies of few

noodles regardless of how many big words you use to name it.

soul to have the cake and eat it. too. Need something to fill that empty hole you feel

No need to check out the menu at Fen-Lan Home inside? Come to this professional restaurant to Kitchen, because there isn't one. Just tell them fulfill your stomach and your soul. Le MERIDIEN - Latest Recipe is stocked with ingredients from how many people and the per-person budget, around the world, and is especially prized for its and a delicious meal will be ready for you shortly. The stir-fry dishes here taste just like mom's mance ratio of this all you can eat buffet is off the cooking, and the ambiance is easy and laidback like hanging out in a friend's house. You don't have to worry about what to order and what goes 🕆 No. 38, Songren Rd. 28 well with what; it's all taken care of, including the annoying math at the end to figure out how much

**** +886-(0)2-6622-8018 **◎** 06:30-21:30 (prices differ in times of a day)

no. 14, Aly. 70, Ln. 12, Sec. 3, Bade Rd. (2) +886-(0)2-2570-6608 Mon to Sat 11:00-14:00 / 17:00-21:00, closed on Sun This prescription cures the misconcep-

Clothing Whiplë Field Concept Store

should each person pitch in for the check.

This prescription helps with equality for You don't have to check the size from a bunch of

clothes here, because everything is one size. At Whiplë, the cutting dictates the clothing's golden ratio, relying on the overall contour rather than specific sizing. Trends are not followed blindly, and fashion should not be torture. Anything is possible despite one's shape and form.

🗎 No. 66, Ln. 161, Sec. 1, Dunhua S. Rd. (8) +886-(0)2-2711-8569

Famous Person and His Original Views Xu Bing's Book from the Ground

Mon to Fri 10:00-19:00, Sat to Sun 11:00-19:00 (not open for the public when activities or study groups are held)

+886-(0)2-2778-2211

Suitable For Make good use of Instagram Abstain From Anagrams Lucky Charm Infographic, and the quote "Since I'm inarticulate, I express myself with images."— Helen Levitt, American photographer

Compared to trying to put up a perfect front, why not try to let go of covering up your weak points. This might make

Following are some complex symptoms that are commonly observed in city dwellers: the Helter Skelter type that is both arrogant yet fickle and is also painfully impatient; the tall, rich, and handsome or those with the Princess Complex with symptoms of bigheadedness and arrogant eye. Kindly be reminded that as we label others, don't

to face our own flaws, the city can then begin to help us heal. A pair of shoes, a cocktail, a masseur all have the potentials to heal that knots in your neck resulting from the pointless bicker, the broken heart, or the denied proposal. Nonetheless, the city's healing power goes deeper than that, which can be provided from the genuine unpretentiousness of the young pan-fried stuffed buns vendor or the discount the fruit stand <mark>o</mark>wner gives to his regular customers. They are heartwarming and can heal your blues. You can also turn to the owner of the newly opened coffee shop that works so hard to try to break even or the old man selling fish cakes late at night at such a jaw-dropping low price; they, too, are able to recharge your stamina and give you that much needed energy boost. Their healing powers are indirect but straight to the point. They are ever so subtle, as they heal you without

heal the most common symptoms suffered by urban dwellers. When you see someone that is obviously showing Because every one of us is both fragile and strong, we all need helps and can also help others. And this Mapper consisting of treatments which we have painstakingly collected could be the answer for those ailing signs.

Sec. 5, Zhongxiao E. Rd.

MRT Taipei 26 W Hotel

Scan for the complete online map.

Thursday 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17

Information Glutton Day

Dwelling in today's digital era, those who fight against information gluttony need at least terabyte capacities in cloud, and Evernote is their must-have digital workspace for storing information. There is a perpetual tug-and-pull between "what we understand" and "what we think we should understand", and the need of coming out on top is pursued with a great might.

Food Perch Café

This prescription cures desires of the eye and mouth.

A floor-to-ceiling bookshelf is this coffee shop's most eye-catching set-up, and it stays open till 11p.m. The owner worked at Eslite for many years and has an undying love for coffee and also books. There are numerous magazines, new books, comics in the shop, and many are newly published and made available on the shelf immediately after release.

👚 No. 20, Ln. 30, Sec. 4, Xinyi Rd. 22 **\ +886-(0)2-2702-7635**

This prescription cures your unyielding competitiveness.

Newly released is something that you can't resist. On-trend is your bottom-line. Mainstream is a big no-no, and to push beyond the line is crucial for winning. Offering items by independent designers, NEU! is an edgy fashion brand that is on-trend with what's hot on the streets in the West. The only problem is you might find the same shirt on K-pop stars.

🖍 No. 5, Ln. 236, Sec. 1, Dunhua S. Rd. 13 **+886-(0)2-8772-8021**

This prescription helps with finding the balance between information and cash.

This is a suitable habitation for those with the following conditions: 1. Those that don't believe in "to be continued"; 2. Those that wish to stay at a place with a record-breaking low rate. As night falls, your eyes are really rapidly moving, and we are not talking about REM in your sleep. What can be more thrilling than to read the entire series of Attack on Titan in one sitting?

👚 14F, No. 197, Sec. 4, Zhongxiao E. Rd. (9) **+886-(0)2-2772-8500** 24 hours (daily)

DeaR DeeR Travel Book Shop

This prescription targets minor social detachment from information overload.

Social network is intricate and web-like, and information gluttons like to cast out a net to catch every bit of information out there. The DeaR DeeR Travel Book Shop, with over a thousand travel guidebooks available, offers a user-friendly search engine. It also encourages readers to bring in their second-hand travel guidebooks or maps to interact with others in the shop's small living room, allowing for more comprehensive travel information to be exchanged.

♠ No. 28, Jiaxing St. 25 **\ +886-(0)2-2720-7532** Mon to Fri 11:00-21:00, Sat 11:00-18:00, closed on Sun

Suitable For Building your personal channel Abstain From Limiting yourself (Lucky Charm) Portable battery chargers, and the quote "If you give up now, the game will be over."—Coach Anzai, one character from the manga series, Slam Dunk

Famous Person and His Words Polymath Leonardo da Vinci (engineering, anatomy, architecture, mechanics...)

Sunday 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30, 9/6, 9/13

Housing Home Hotel DA-AN

great head-to-toe full body cleaning.

no. 219-2, Sec. 1, Fuxing S. Rd. 11

Check-in: 15:00, Check-out: 12:00

+886-(0)2-8773-9000

This prescription offers head-to-toe

Home Hotel DA-AN just opened in May, and it oozes with a scent that not even master perfum-

ers can concoct - the smell of "new". Home Hotel

offers bath products by the Taiwanese brand Cha

Tzu Tang, {Isagi} water oxygen machine and essential oil aromatizer, and natural hinoki essen-

tial oil soap from Fancalay. Come and enjoy a

This prescription satisfies the clean

people on something beyond their

Taking a shower outside may be a torture for the

clean people, however, washing your back is

definitely a challenge like licking yourself on the

elbow. Back scrubbing is offered at the Venus

Spa, helping you to get your hard to reach places

squeaky clean. It's also open around the clock.

⋒ B1, No. 5, Ln. 112, Sec. 4, Ren'ai Rd. 19

+886-(0)2-2705-2002

24 hours (daily)

Dirt Terminator Day

The clean people perhaps wouldn't consider The 400 Blows as their favorite movie but Contagion would probably top the list. Even the unmarried men are found in online clubs where moms gather to share the most efficient appliances for household cleaning. They probably have a mental map in their heads that include the Mandarin Oriental Taipei, Breeze Center Zhongxiao Branch, Central Clinic, and Kanekyu Japanese restaurant. Why these places? You might ask. The answer is because



This prescription helps with hand-eye coordination for the clean people

What is more comforting than "seeing is believing"? Yihotang's two large glass windows let you see its entire baking process. The bakers are wearing bandanas and masks, and you know that those scrumptious breads contain carbohydrates but no salivary amylase.

no. 34, Ln. 233, Sec. 1, Dunhua S. Rd. 14 +886-(0)2-8773-6965 Sun to Thu 10:00-21:30, Fri to Sat 10:00-22:00

Figuring i prefer collect Zhongxiao

so fashionable. i prefer sells clothes and also Claus Porto, a soap brand from Portugal. This is Portugal's first bath product brand, and deserves the respect of the clean people. The soaps are smaller and lighter than regular soaps. Even Oprah loves them, and they are oh so chic.

This prescription makes cleaning ever

no. 34, Ln. 280, Guangfu S. Rd. 18 +886-(0)2-2721-8127

9 11:00-21:30 (daily)

(Lucky Charm) Wet tissue, and the quote "One should be mentally clear, morally pure, and physically tidy." - Anton Pavlovich Chekhov, Russian writer

Famous Person Chinese poet Bai Ju-Yi is known for his love for baths, and in his poem, Night Bath in and Cleanliness the Stone Pavilion of Xiangshan Temple, he talked about the comfort he finds in his

Friday 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 9/4, 9/11, 9/18

cles and brains.

glide in the pool.

+886-(0)2-7703-8746

Non-Stopper Day

Suitable For Persistent cleaning Abstain From Don't ever ask someone if they want a bite

Being overactive can be a form of physical release or liberation on the spiritual level. The way that the world turns seems to be a slow motion montage in your eyes. The whirlwind pace in The Fast and the Furious is right up your alley. You can't stand any still time besides sleeping, and you will never be seen buying towels, because you already have more than enough free towels you received from completing different marathons throughout the years.

Food Rest & Run

This prescription offers social etiquette

for non-stoppers. When to eat? What to eat? How to eat elegantly? These are lessons which all non-stoppers need. Rest & Run is Asia's first restaurant catered to marathon runners, and it proposes that people should eat after running, and they should eat fine French food, and a shower is a great idea before eating. Rest & Run offers nutritious set meals for marathon runners, aiming to turn nutrition into glycogen and not stored as fat.

No. 51, Ln. 240, Guangfu S. Rd. 17 +886-(0)2-2771-1878 **◎** 11:30-14:30 / 17:30-21:30 (daily)

Clothing Concrete Surf This prescription targets the impulse to

To tame gravity is mankind's most romantic impulse. Fusing together skating and swimming, surfing is a great extreme sport for the hyperactive souls out there. Surfboards are sold at Concrete Surf and also a lifestyle for those always eager to make a move. Skateboards are also sold at the shop. Requiring a similar sense of balance surfing needed, skateboarding helps to curb your thrill seeking addiction without having

🖍 No. 75, Ln. 187, Sec. 1, Dunhua S. Rd. 10 +886-(0)2-2721-2867 Mon to Fri 14:00-23:00, Sat to Sun 12:00-23:00

show off your skills.

to worry too much about time and the weather.

Suitable For Jack Russell Terrier, soulmate for the non-stoppers, makes a great pet for you

Activity Duckbill Bar & Restaurant This prescription helps with attention

⊗ Hotel guests: 24 hours, Gym members: 06:00-22:00

This prescription builds both mus-

Being active can also be a very sociable thing.

Step into the gym in the W Hotel and you will

begin to see that the various social semiotics

embedded reach far beyond the different statis-

tics displayed on the treadmill. Swim in its outdoor

sky pool and feel a sense of exclusivity between

each breath you take. Perhaps it's best to swim

the freestyle here and to look dashing while you

🖍 No. 10, Sec. 5, Zhongxiao E. Rd. 🛮 26

"One-on-one", what a swell idea for the non-stop-

pers. Duckbill is Taiwan's first bar to bring in electronic dart machines. Drinking is not the main game over here, because full focus is needed when shooting darts. If placing a bet is a sure-fire way for you to give it your all, a one-on-one game is probably the best way for you to improve your game. Come to this darts bar and challenge one of its staff in a game!

No. 21, Ln. 49, Sec. 1, Anhe Rd. 16 +886-(0)2-8771-8283 Tue, Wed, Thu, Sun 18:30-02:00, Fri to Sat 18:30-03:00, closed on Mon

👚 No. 18, Aly. 40, Ln. 181, Sec. 4, Zhongxiao E. Rd. (4) **+886-(0)2-2751-5313**

B.A.B Restore

This prescription helps object worshippers to arrange furniture. Unsure of what to do with the more than five

you put a wardrobe with six vases or five chairs

🖍 No. 8, Ln. 71, Sec. 2, Anhe Rd. 23 +886-(0)2-2735-7708



biect infatuation

Looking for a statement button or a thread with highlighting effects? Feel at ease because you shop even has Shimokitazawa Generations can find what you need at VVG Chiffon, such as fabric-covered buttons, shell buttons, all kinds of threads, varns, laces, fabrics, etc. Considered them the source codes that have been bestowed upon you by the Queen of Object Infatuation:

+886-(0)2-2707-0020

(Lucky Charm) "Do not also befriend a person with no infatuation for he has no true feelings."— Chang Tai, late Ming and early Qing Dynasties prose writer

Famous Person and Infatuation Tom Hanks' love affair with typewriters

Tousing HEADLINE AN-HE This prescription targets gastric reflux This prescription prevents you from hearing the love affairs of people sitting next to you. There is no sign that will point you to the CAFÉ You prefer the priority seat on public buses and

Monday 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14

Hermit Day

Do you love yourself too much or are you socially impaired? You understand that the charm of

staying at home is far greater than throwing a fabulous party. The hermits are suffered from being

picky about seeing and being seen, and how to "play well with others" is a lesson you have to work

hard on in life. For now, your top priority is to find a place in the intricate East District to help you

get away from the mundane life.

up in the background of someone's selfie.

ty needed when trying on bags.

🖍 No. 447-24, Guangfu S. Rd. 24

+886-(0)2-8786-0810

Clothing Figure 21

where did you get it?"

+886-(0)2-8771-4498

№ 13:30-23:00, closed on Tue

Food CAFÉ simple

as being a hermit.

stepping in a new place, you have the ability to solitude. HEADLINE designers also agree that pretending to be buddy-buddy with someone is simply just heinous.

+886-(0)2-2751-1811 Mon, Tue, Thu, Fri, Sat 10:00-19:30,

Yoga Journey

You have been contemplating about the meaning

strangers asking you, "This bag is fabulous 🖍 No. 90, Sec. 1, Dunhua S. Rd. (1)

🕯 No. 1-6, Aly 29, Ln. 205, Sec. 4, Zhongxiao E. Rd. 🌎 🧪 Mon to Fri 07:00-22:30, Sat to Sun 07:00-21:00

de Montaigne, the philosopher of the French Renaissance Famous Person Wine is preferred by the Seven Sages over time spend with others

Saturday 6/27, 7/4, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12, 9/19

cality, resisting trends, and undermining cause-and-effect. You might find them cramming an Eames Lounge chair in a small 33 square meter studio apartment, or insisting on using an antique blood pressure monitor from the Japanese Showa Period rather than a digital one. Drink water as it's served in an Eva Trio glass, and eat toasts with butter for the Alfredo butter knife.

L'Orchidée X One Fifteen

Refusing to eat out because of the utensils is not only observed in the clean people but those with object infatuations as well. Lace-covered light bulbs with Royal Copenhagen utensils and industrial style collaged cypress table are what you will see here. A place of vintage goods and where upcoming designers come to dig for great finds, it is also a place to comfort the eating anxieties

offers creative source codes.

come and feel free to express yourself.

experienced by the object worshippers. ♠ No. 92, Sec. 1, Da'an Rd. 12 **\+886-(0)2-8773-0115**

12:00-21:00 (daily) Clothing VVG Chiffon

This prescription helps object worshippers to find specific spare parts and

between those that share the same Run by veteran object infatuation aficionado, this

taken up residency to talk to customers on things such as specialized pencils. The name, The Town Crier, means a public announcer in town that spreads information. One of the most extreme types of object infatuations is found when exchanges are made between aficionados of the same kind, whereby their obsessions are rationalized as they try to expand on the functionality and meaning behind their obsessions through their interactions with each other.

any extra exchange of words. Taking photos is a big no-no in this shop, so don't worry about trying to look composed because of the fear of ending

> No. 12, Ln. 247, Sec. 1, Dunhua S. Rd. (15) Wed and Sun 10:00-17:00



but it is actually an atelier. The air inside is filled of yoga: isn't yoga a practice of solitude? Why with creativity and intense concentration, perfect neonle? Yoga Journey understands your wish for for when you don't wish to say too many words. Figure 21 is pronounced as "figure to one", meanlike you, someone that yearns for quiet tranquility

+886-(0)2-2711-8996

Tue to Sat 13:30-21:30, Sun 13:30-18:30, closed on Mor

Suitable For Calmness over hastiness Abstain From Garrulous speech (Lucky Charm) Headphones, and the quote "False language is less sociable than silence." - Michel

Object Worshiper Day

Those that are infatuated with particular objects may mistake someone's question of "What's the point of buying this?" as a highest form of compliment. They pride themselves in overlooking practi-

This prescription helps object worshippers to eat well.

clocks and the six single chairs you have at home? The things that you are obsessed over are all unique but when they are all put together, they make your home look like a flea market? At B.A.B Restore, while putting items on display, they also show you how to display items of similar and different qualities. There is a fine line between clutter and mix-and-match, messy and chic when

with three upright lamps together.

■ Tue to Sun 12:00-21:00, closed on More

Activity The Town Crier This prescription facilitates exchanges

🕆 No. 7, Ln. 76, Siwei Rd. 21

Suitable For Hiring a mover Abstain From Moving everything on your own

Lucky Charm. An electrolyte, and the quote "...the need to allow atoms to make unpredictable deviations from the straight line, thereby ensuring freedom both to atoms and to human beings."—Italo Calvino, Italian journalist and writer Famous Person and His Hyperactivity) Thomas Edison and his 2000 exceptional inventions