



Cov Ntaub Ntawv Hais Txog Kev Ua Vaj

Rau Cov Neeg Laus



Ua Vaj Zaub

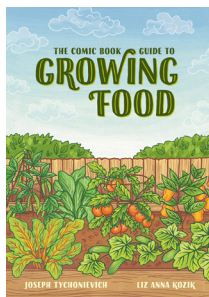
Neeg Npaj Pib Ua Vaj Zaub Yam Txawj Ntse los ntawm Megan Cain, 2017.

Daim ntawv no taw qhia rau koj kom paub tseeb mee pem tswv yim uas koj nyiam cog dab tsi, txoj hauv kev yuav xaiv cov noob qoob zoo tshaj plaws rau koj lub vaj, thiab npaj sij hawm cog rau.



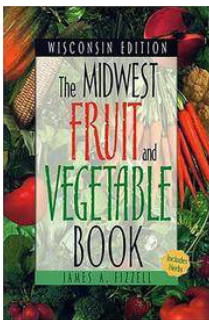
Daim Ntawv Muaj Duab Taw Qhia Txog Kev Cog Khoom Noj los ntawm Joseph Tychonievich, 2021.

Ua duab qhia tswv yim ua vaj zaub, ib kauj ruam zuj zus. Yooj yim thiab lom zem, daim ntawv no qhia kom cog zaub noj rau tom tsev lom zem thiab ua tau tiag.



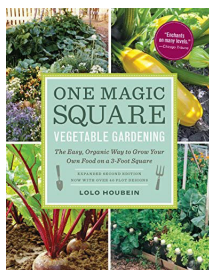
Phau Ntawv Qhia Cog Txiv Hmab Txiv Ntooth Thiab Zaub Hauv Plaww Teb Chaw Sab Hnub Poob: Wisconsin Luam Tawm los ntawm James A. Fizzell, 2001.

Qhia tswv yim cov txiv hmab txiv ntooth thiab saib xyuas txiv hmab txiv ntooth, zaub noj, thiab cov tshuaj ntsuab. Qhov tseem ceeb ntawm cov noob qoob uas tau muaj, kuj zoo xws li cov qauv ua zaub mov noj uas siv cov khoom cog hauv vaj los.



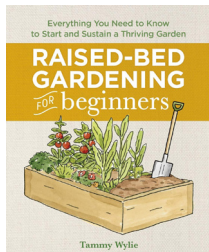
Lub Vaj Zaub One Magic Square los ntawm Lolo Houbein, 2016.

Lub tswv yim txawj ua vaj zaub zoo los ntawm kev siv cov chiv nroj tsuag ntawm ib qhov chaw loj dav li 3 feet xwm fab, muaj sauav nrog tswv yim ua thiab tus nqi tsim nyog.



Npooj Zaub Salad Cog Tau Txhua Lub Caij Nyoog los ntawm Charles Dowding, 2008.

Tag nrho cov tswv yim cog zaub salad noj thawm niaj thawm xyoo, txawm tias cog rau saum lub tais av dai ntawm qhov rais, hauv koj lub vaj, los sis koj qhov av naj tseg.



Thaiv Ua Tej Xab Siab thiab Muab Quav Nyab Coj Los Ua Vaj Cog Zaub Rau Saud

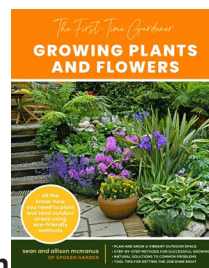
Ua Vaj Muab Thaiv Ua Tej Xab Siab Rau Cov Neeg Pib Ua Vaj los ntawm Tammy Wylie, 2019.

Ib daim duab kos qhia tag nrho, daim ntawv no hais txog kev tsim ua koj xab zaub, xaiv cov zaub kom haum cog rau, thiab ntau yam ntxiv.

Siv Quav Nyab Ua Vaj Zaub Txhuam

Qhov los ntawm Joel Karsten, 2019.

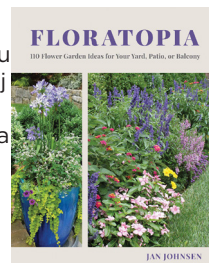
Muaj ntsiab lus tseeb mee, cov lus qhia thaum pib mus rau thaum xaus rau kev cog zaub rau hauv cov quav nyab txhua qhov chaw



Cog Vaj Paj

Cog Ntooth Thiab Paj los ntawm Allison McManus thiab Sean McManus, 2021.

Tag nrho cov kev paub uas koj xav paub los cog thiab saib xyuas cov cheeb tsam cog rau sab nraum zoov uas siv tej yam uas tsis muaj kev phom sij rau tej huab cua thiab nroj av ntawm ib puang ncig chaw nyob. Cov neeg ua vaj uas nyuam qhuav pib ua vaj thiab ua kev qhia txoj hauv kev nkag tau thiab zoo nkauj.



Phau Ntawv Floratopia los ntawm Jan Johnsen, 2021.

Ntau hom paj zoo nkauj, cov tswv yim tsim ua ib qhov chaw paj zoo nkauj tshaj plaws, thiab cov lus qhia rau kev cog paj thiab saib xyuas kom paj zoo nkauj uas haum rau koj qhov chaw, huab cua, thiab kev teeb faib vaj.

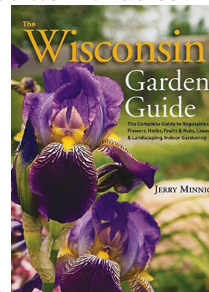


Minnesota thiab Wisconsin: Txais Lus Qhia Pib Ua Vaj los ntawm Melinda Myers, 2013.

Qhia txog cov kev xaiv ntooth zoo tshaj plaws uas nws loj hlob sai (los sis txawm tias yog) hauv lub caij nplooj ntooth zeeg hauv lub cheeb tsam thiab cov kev loj hlob tau sai.

Cov Ntooth Cog Ntev Xyoo Hauv Xeev Minnesota thiab Wisconsin los ntawm Don Engebretson thiab Don Williamson, 2004.

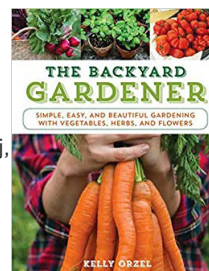
Nrog rau tus as khauj uas muaj 86 hom ntooth cog ntev xyoo sib txawv, mus nrog rau cov ntaub ntawv qhia txog cov noob thiab cov ntooth ua xav kom cog, phau ntaub ntawv uas xam txog ntawm kev ua vaj ntev ntau lub xyoo.



Ua Vaj Cog Ntau Hom

Wisconsin Phau Ntawv Nqia Ua Vaj los ntawm Jerry Minnich, 2010.

Phau ntawv qhia txij txhua kev cog zaub, paj, tshuaj ntsuab, txiv hmab txiv ntooth, noob, quav poj toj roob, thiab ua vaj cog rau hauv tsev hauv Wisconsin.



Tus Neeg Ua Vaj Tom Tog Tsev los ntawm Kelly Orzel, 2017.

Tsom ntsoov rau cov tswv yim cog, uas siv chiv nroj tsuag los cog rau thiab cov ntooth. Ib phau ntawv taws qhia rau txhua tus neeg uas xav tau los cog zaub, tshuaj ntsuab, thiab paj hauv lawv lub vaj tom tog tsev.



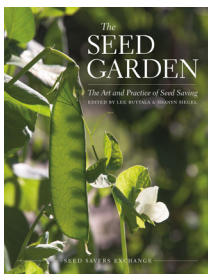
Cov Ntaub Ntawv Hais Txog Kev Ua Vaj Rau Cov Neeg Laus



Kev Khaws Noob Qoob

Lub Vaj Noob Qoob tau tsim kho los ntawm Lee Buttala thiab Shanyn Siegel, 2015.

Qhia qhov yooj yim txog kev xaiv khaw cia cov noob qoob kom haum thiab npaj yuav muab siv koj mus cog rau lub xyoo ua qab.



Vaj Tshuaj Ntsuab

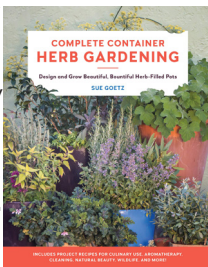
Koj Lub Vaj Tshuaj Ntsuab Sab Hauv Tsev los ntawm D.J. Herda, 2020.

Phau ntawv qhia tag nrho kev paub txog cov tswv yim thiab cov khoom siv kom cog tau cov zaub noj kho mob thiab cov tshuaj ntsuab uas cog rau hauv tsev.



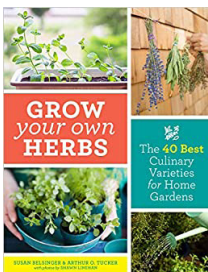
Qhia Txhij Txhua Kev Vaj Cog Tshuaj Ntsuab Rau Hauv Lub Thoob Loj los ntawm Sue Goetz, 2020.

Muab tag nrho cov ntaub ntawv qhia uas xav tau los mus cog tshuaj ntsuab mos rau saum nthab, nraum zoov, saum ruv tsev, lub tsav, thiab txawm tias rau saum lub txe hauv tsev ua zaub mov noj los xij.



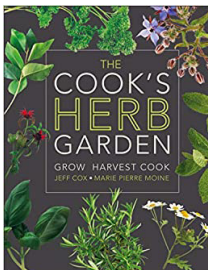
Cog Cov Tshuaj Ntsuab Cia Rau Koj Tus Kheej los ntawm Susan Belsinger, 2019.

Qhia tswv yim cog zaub thiab siv plaub caug hom noob tshuaj ntsuab txuj lom, muaj suav nrog cov ntaub ntawv qhia ua vaj thaum pib, sau cim cia txog nws qhov qab, cov lus qhia txog kev sau qoob, thiab cov lus qhia kom muab tseg khaws cia tau ntev, khaws cia, thiab kev ua noj.



Tus Kws Ua Noj Lub Vaj Tshuaj Ntsuab Txuj Lom los ntawm Jeff Cox, 2010.

Los ntawm koj lub vaj mus rau koj lub rooj, thiab txhua kauj ruam mus rau hauv nruab nrab, phau ntawv ntxim hlub no yuav qhia rau koj txog kev cog, tu kom loj hlob, sau qoob loos, thiab ua tshuaj ntsuab noj. Muaj cov ntsiab lus tseeb mee txog 120 yam tshuaj ntsuab.



Quav Chiv thiab Av

Quav Chiv los ntawm Clare Foster, 2014.

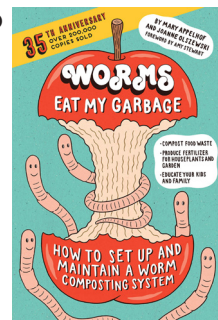
Phau ntawv qhia kev nqis tes ua no qhia rau koj txog txoj hauv kev yuav ua lub thawv quav chiv zoo li cas, xaiv yam uas zoo tshaj plaws thiab muab cov chiv nroj tsuag siv koj mus cog rau koj qhov chaw rau sab nraud zoov.

Tsim Koj Qhov Av Cog Zaub! los ntawm Diane Miessler, 2020.

Hais piav qhia txog kev tshawb fawb av zoo los tsis zoo thiab qhia txog tej tswv yim - muaj suav nrog cov nroj tsuag npog av, muab av npog tas li, thiab muab ua kua quav chiv - los mus tsim thiab tseg kom qhov av rog, dub, ntxheev uas muaj ntau yam muaj sia nyob rau hauv.

Cov Cua Nab Noj Kuv Cov Khib Hnyiab los ntawm Mary Appelhof, 2017.

Qhia ua quav chiv cua nab: siv cov cua nab mus tsim dua cov khoom noj seem uas pov tseg koj mus ua chiv rau cov ntoo cog hauv koj tsev thiab koj lub vaj. Ib qhov kev xaiv zoo rau txhua leej txhua tus uas tsis xav ua los sis tsis muaj ib pawg quav chiv nyob sab nraum zoov.



Lub Thoob Rau, Qhov Chaw Me, thiab Lub Vaj Nyob Hauv Tsev

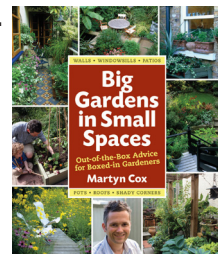
Phau Ntawv Lub Vaj Nyob Hauv Tsev Chav Ua Mov los ntawm Elizabeth Millard, 2014.

Kawm paub txog kev cog zaub noj rau hauv koj lub tsev, qhov chaw uas koj yuav tsis muaj kev txhawj xeeb txog kev hloov caij nyog los sis hloov huab cua ntuj tshav los nag.



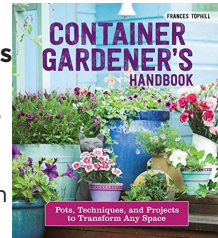
Cov Vaj Loj nyob hauv Qhov Chaw Me-Me los ntawm Martyn Cox, 2010.

Kev txhawb siab thiab cov tswv yim daws teeb meem rau kev ua kom zoo dua ntawm txhua ntiv xwm fab ntawm ib qhov chaw me-me — muaj suav nrog cov kaum chaw ntsoov, saum ru tsev, ib ncig ntawm qhov rooj tawm, thiab hauv kab pleb ntawm ob sab ntug kev mus.



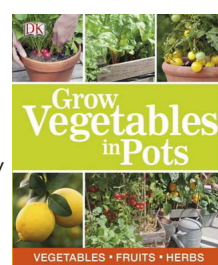
Phau Ntawv Qhia Ntawm Tus Neeg Ua Vaj Hauv Lub Thoob los ntawm Frances Tophill, 2017.

Cov khoos kas plaub caug kauj ruam zuj zus rau kev tsim thiab kev ua vaj hauv thoob cog mus sij hawm ntev, muaj suav nrog cov phiaj xwm cog zaub noj sib txawv thiab hom thoob.



Tus Neeg Ua Vaj Phau Ntawv Qhia Cog Cov Ntoo Me los ntawm Jessica Walliser, 2019.

Muaj xam nrog rau cov ntoo cog kom zoo nkauj, muaj suav nrog cov ntoo muaj pos, cov ntoo tawg paj thiab txi txiv thiab ntshov nyos ua ib pawg, ntooj pheej ntsuab, thiab ntoo ntev xyoo.



Cog Zaub Noj rau Hauv Cov Hub uas tau kho los ntawm Emma Callery, 2013.

Kom pom tau tias cov ntoo uas cog rau hauv lub hub ze rau tej vaj tse muaj ntau kawg. Muab qhwv nrog rau cov tswv yim zoo thiab cov tswv yim uas ua tau raws yooj yim.