

The Healthy Home Beautiful Interiors That Enhance The Environment And Your Well Being

Country Life Interiors Apartment Therapy Forthcoming Books American Book Publishing Record Divinely Designed Your Naturally Healthy Home Comfort Zone House Beautiful Sustainable Residential Interiors The Healthy Home Eco-Conscious Home Domino Decorating with Plants Unnatural Selections Year Book Vegan Interiors Green Interior Design Environmentally Responsible Design The Smart Living Handbook Spirituality, Health, and Healing: An Integrative Approach The Cosmopolitan Interior The Manual of Interior Landscaping The British National Bibliography Ladies' Home Journal The Healthy Home Year Book Body and Soul Body & Soul Undecorate New York School of Interior Design: Home Decorating with Jane Churchill and Annie Charlton Country Life in America Home Office Design House & Garden Wellness by Design Building a Sustainable Home Perception of Beauty The Healthy Home Handbook Clean Design

Country Life

Dear Reader. I may not know you, but I bet I know you. You love your { HOME } and you want it to be beautiful! You have an idea of what you want it to look and feel like but getting it there is overwhelming. Darling friend, I see you---drowning in analysis paralysis when it comes to making the design magic happen. There's chaos in selecting paint colors, choosing the perfect hardware, perusing seemingly endless lighting options, and let's not even talk about wrangling a minor anxiety attack in the middle of a home décor store! Do not worry, darling friend---I get you and I've got you! As a professional interior designer, I have 15 years of experience in serving clients just like you. You see, designing and decorating a beautiful home comes easy to me and I'm happy to share all that I know. I want you to love your home and I want to teach you how to curate it in a way that beautifully reflects you and your family. That's where this gorgeous book comes in. Inside, I share with you a handful of our most loved projects, in addition to my own home, and I reveal thousands of hours of interior design intel, as well as the heart-warming stories behind each design. You may not know me, but if you do, you know that I wear my heart on my sleeve when sharing my work and my love for faith and family. In these pages I write openly and candidly about the reality of discovering beauty and function in my own home---all while surviving the chaos of being a mompreneur. Whether you come to this book for the design details or for the testimony of faith, family and home, you will be richly served. XO, Sarah

Interiors

With the global warming crisis hitting the headlines with alarming regularity, his book simply could not be more timely. Now more than ever it is of vital importance to assess not only how we can make our homes more eco-friendly but also the implications these changes will have for our living environment. Ironically, the new energy-efficient, draft-free buildings we live in, so vital to the health of the planet, can be detrimental to our own health and that of our families. In The Healthy Home Alan Berman meets the challenge of creating an eco-friendly home without

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compromising on style or quality of life. He shows how small changes - like improving air quality by opening the windows more - can make all the difference to the environment we live in. The book is comprehensive in scope.; Chapter One shows how to assess the risks, including what to look for and what can be changed; Chapter Two spans heat, light and air, from how to minimize heat loss and maximize natural light, to how to increase air flow, improve air quality, reduce condensation and insulate against outside noise; Chapter Three covers home decorating

Apartment Therapy

The authors in this book ask us to consider whether the perception of beauty has been defined by our genetics and culture over the years - has it grown and changed? Do certain neural connections define our emotional reactions to beauty? Does beauty follow any rules or laws? Can the aspiration toward beauty be detrimental? Can we divorce ourselves from dictators and sink into a mindful connection with our internal beauty? Can we move from the superficial where "beauty is only skin deep" to an intense appreciation of beauty in all of its variations. The Perception of Beauty will lead to a deeper understanding and contemplation of nature, art, and the world around us.

Forthcoming Books

Offers advice on how to enhance and protect physical, mental, and spiritual health by creating a toxin-free home environment that inspires relaxation and harmony.

American Book Publishing Record

"An essential text for all students of design . . . [and] inspiration and intel for those simply interested in the art and practice." --Alexa Hampton, from the foreword
From the nation's top college for interior design comes a definitive design school in a book and a fabulous reference for decorating the home. In the past decade, New York School of Interior Design, which was founded in 1916, has drawn a large crossover audience of passionate decorating enthusiasts and hobbyists--many of them private homeowners who know that thinking like a professional is the surest way to achieve a magnificent home. This lavishly illustrated and highly detailed interior design bible provides a comprehensive education on home design and decor, from color theory principles to space-specific considerations (choosing furniture for a living room) and collaborating with architects and other professionals for the best results. Built on the Home Study Course that is the foundation of the school's curriculum, this book offers an unparalleled mastery of the key elements of enduring design, rendering it the only book you'll ever need.

Divinely Designed

Your Naturally Healthy Home

Designer Robin Wilson shares tips and tricks to detoxify and beautify your interior spaces and to help you create a more stylish and healthy home. Author Robin

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Wilson, plagued by allergies and asthma since infancy, has become an expert in Clean Design—creating allergen-reduced home environments that comfort and protect families. Using Wilson’s four principles of design—sustainable, reusable, recyclable, and nontoxic—every room in the home, from attic to basement and entryway to bedroom, can look sensational and stylish while reducing “your wheezing and sneezing.” Clean Design leads to amazing results: fewer allergy symptoms and asthma attacks, easier breathing, and better overall health. Whether building a new home, renovating, or simply updating the design of their current home, Wilson offers suggestions for the best eco-friendly, healthy, nontoxic furniture, wall and floor coverings, and window treatments to dramatically improve indoor air quality and reduce household exposure to dust, pet dander, pollen, mold, dust mites, smoke, household chemicals, airborne toxins, and other allergy and asthma triggers. By making eco-friendly design choices, you will not only protect yourself and your loved ones, but also contribute to the health and sustainability of our planet at the same time. Using traditional solutions, new methods, and some of her grandmother’s secrets, Wilson empowers you to incorporate Clean Design into your home, influencing your lifestyle, increasing your family’s wellness, and proving that “eco-friendly can be beautiful!”

Comfort Zone

House Beautiful

Set the mood for a space with interior plantscaping. In *The Manual of Interior Plantscaping*, industry expert Kathy Fediw describes how to design different types of plantscapes from potted plants and terrariums to atriums and green walls. Incorporating horticulture, interior design, and landscape architecture, this book includes design principles and guidelines for maintaining a healthy, beautiful planted space.

Sustainable Residential Interiors

The Healthy Home

Eco-Conscious Home

The green building movement has produced hundreds of “how-to” books and websites that are filled with tips about green building and what homeowners should do to go green. While helpful and informative, when it comes to making actual purchasing and installation decisions, these books do not make it any easier for a homeowner to prioritize against a budget. Here, Schiffman shares her knowledge and experience for others to use in their journey toward a greener way of living. Whether the reader is building a new home or doing a minor remodel, a homeowner needs a framework by which to guide their decisions. These decisions are based on values, and the author posits that there are really only three reasons to go green: For Our Health: By building more sustainably, we reduce our exposure

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to harmful chemicals and toxins. For Our Wealth: By building a more durable home and being more efficient with resources like water and electricity, we reduce our monthly utility bills and ongoing maintenance expenses. For Our Soul: Collectively doing the right thing for our planet does make a difference—and that is soul-nourishing. Learn the logistics of choosing windows, insulation, appliances, and lighting. Find out about FSC certified wood and about using reclaimed materials. Here is everything you need to make your home sustainable.

domino

Vegan Interiors was created by a group of extremely passionate people, so others could understand that no living creature, human and non, should ever have to suffer or get sick for beautiful decor and furniture. The images in this book are from spaces that are compassionate. None of the furniture, fabrics and decor are made with wool, leather, silk, down, feathers, fur or any other animal-based material.

Decorating with Plants

are you tired of having a messy and uncomfortable home office? or no home office when you would need one? you are in the right place! home office design is a complete guide to practically help you set up a home office that ticks all the boxes: functional, healthy, comfortable and beautiful. from lighting and ergonomics to storage and décor, you will get an overview of all the elements that make a successful office space, one that can support your health, mood, well-being and productivity. after reading this e-book you will: know what is the best position for your home office, have all your working materials at hand without your home looking like an office, find privacy and concentration while working from home, feel comfortable in your home office, get rid of back, wrist and neck pains and more what you get: a 102 pages e-book full of concise and relevant content, 3d visualizations of several furnished home offices to get you inspired, pro design tips for you to get the most out of your space free bonuses: step-by-step notes templates to guide you in setting up your home office, shopping list template to plan your purchases

Unnatural Selections

Year Book

A mainstream retail designer and founder of DwellStudio explains how readers can infuse practicality and individual personality into home décor, profiling 20 distinctive houses that reflect various styles and tastes.

Vegan Interiors

Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Like a lot of folks these days, you're committed to maintaining a healthy lifestyle. You

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watch your diet, stay active, meditate, and surround yourself with positive people. So why should your home be any different? Residential designer Jamie Gold has spent years defining the exciting new field of wellness design, which explores how simple changes to things like lighting, fixtures, storage, and outdoor space can make a huge difference in how you feel every day. Wellness by Design offers a room-by-room guide to refreshing your space so that it supports muscle and bone health, encourages clean eating, prevents disease, and promotes safety, fitness, serenity, and joy. Whether you're training for a marathon or recovering from an injury, building your dream home or decorating your new rental, the design of your home can help—or hinder—your active lifestyle. This book will help you keep your fitness goals and stay on track for a long and healthy life.

Green Interior Design

"Judith Neiswander explains that during these years liberal values - individuality, cosmopolitanism, scientific rationalism, the progressive role of the elite and the emancipation of women - informed advice about the desirable appearance of the home. In the period preceding the First World War, these values changed dramatically: advice on decoration became more nationalistic in tone and a new goal was set for the interior - "to raise the British child by the British hearth." Neiswander traces this evolving discourse within the context of current writing on interior decoration, writing that it is much more detached from social and political issues of the day."--BOOK JACKET.

Environmentally Responsible Design

The Smart Living Handbook

For anyone interested in redoing a home with flair and imagination, here's a fascinating and delightful guide from two prominent British decorators. Jane Churchill and Annie Charlton each bring more than 25 years of professional experience and know-how to designing beautiful interiors. The creative ideas in this book show a healthy respect for home decorating budgets, yet they easily transform anyone's home into a setting for more gracious living. More than 30 projects teach readers how to give their own homes a facelift, using such traditional skills as stenciling, decoupage, lacquer, and working with papier-mache and hand-dyed fabrics. Step-by-step photos, clear instructions, and no-nonsense advice show how to make picture frames, curtain tiebacks, silhouettes, stencil a wall or floor or sisal mat, paint furniture, and applique throw pillows. Photographs of whole room interiors suggest the many possibilities for decorating the rooms of a house - even a child's room. Organized by the main rooms and features of a home - walls and doors, floors, furniture, children's rooms, decorative objects, curtains and cushions - this book will inspire readers to take on projects large and small.

Spirituality, Health, and Healing: An Integrative Approach

The Cosmopolitan Interior

Houseplants are more popular than ever before—especially with millennials, who are setting up their homes for the first time and discovering that nothing can add energy, style, and that essential “lived-in-ness” to their spaces better than a little bit of green. Whether it’s a statement-making fiddle-leaf fig or a tiny tabletop succulent, a houseplant instantly elevates the look of your home. But where to begin? In *Decorating with Plants*, Baylor Chapman walks readers through everything they need to know to bring houseplants into their home. First, there’s Plant Care 101: from how to assess light conditions to tricks for keeping your plants alive while on vacation, Chapman gives readers the simple, foundational info they need to ensure their plants will thrive. Then she introduces us to 28 of her favorites—specimens that are tough as nails but oh-so-stylish, from the eye-catching Rubber Tree to the delicate Cape Primrose. Finally, she guides readers through the home room by room: Place an aromatic plant like jasmine or gardenia to your entry to establish your home’s “signature scent.” Add a proper sense of scale to your living room with a ceiling-grazing palm. Create a living centerpiece of jewel-toned succulents for a dining table arrangement that will last long after your dinner party. From air purification to pest control, there’s no limit to what houseplants can do for your home—and *Decorating with Plants* is here to show you how to add them to spaces big and small with style.

The Manual of Interior Landscaping

"Spiritual, Health, and Healing: An Integrative Approach, Second Edition offers healthcare professionals, instructors, and spiritual care providers a comprehensive guide to the most current research on the connection between spiritual practice and health. This updated Second Edition includes new sections on integral spirituality and the New Thought Movement; healing rituals and healing environments; plus new information on spirituality and aging, caring for the elderly, and spiritual hospice."--Résumé de l'éditeur.

The British National Bibliography

From not enough space and too many things to not knowing what color to paint the living room walls, many of us struggle with our homes. Now Maxwell Gillingham-Ryan, frequent makeover expert on HGTV’s *Mission: Organization and Small Spaces, Big Style*, shares the do-it-yourself strategies that have enabled his clients and fans to transform their apartments into well-organized, beautiful places that suit their style and budget. Week by week, *Apartment Therapy* will guide you to treat common problems, eliminate clutter, and revamp even the tiniest space. Here is an eight-step process that includes: • A therapeutic questionnaire to help you get in touch with your personal taste and diagnose your home’s physical, emotional, and energy flow issues • A prescription with recommendations for each room based on your needs and lifestyle—including tips on how to use color, lighting, and accessories • A treatment plan, including regular maintenance schedules to ensure the ongoing health of your space • Illustrations of floor plans and decorative examples that allow you to visualize concepts before you begin With surprising ease and without elaborate professional help, *Apartment Therapy* will

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help you clear a path through disorder and indecision—to reveal a home you'll love.

Ladies' Home Journal

From the editors of domino magazine comes your essential guide to discovering your personal style and creating a space you love. Since launching in 2005, domino has attracted a fiercely loyal following, which looks to the brand as the definitive source for decorating and style. The brand's first book, domino: The Book of Decorating, was an immediate bestseller upon its release and has established itself as the quintessential guide to demystifying interior design. domino: Your Guide to a Stylish Home builds on the first book with a more detailed and modern perspective on how to personalize, style, and create a home you love. In a time when the flood of decorating advice and inspiration online can feel overwhelming, domino: Your Guide to a Stylish Home provides a trusted filter, using the friendly and authoritative voice of domino to teach readers about attainable, stylish design and how to make it uniquely your own. domino: Your Guide to a Stylish Home will help readers to:

- Identify your personal decorating style
- Find inspiration from hundreds of beautiful, inspiring photos of real homes
- Style the major and minor components of your home—from textiles to table settings to art
- Shop for quality pieces that will stand the test of time
- Learn from domino editors and tastemakers about how to style magazine-quality looks in their own spaces

domino: Your Guide to a Stylish Home takes a detailed approach to the specifics of making a space your own—the key pieces, accessories, colors, patterns, objects, decorative treatments, lighting, and art that personalize a space and truly make it a unique and stylish home. It aims to help readers achieve domino's number one goal: creating a space you love.

The Healthy Home

Year Book

The Second Edition of Sustainable Residential Interiors addresses cutting edge processes, strategies, and principles as well as details for in-depth product vetting criteria. Award-winning, leading interior designer Annette Stelmack shares her expertise from the perspective of LEED Building Design & Construction projects, healthy interiors, and chemical sensitivities, addressing principles, strategies, and solutions for design practitioners. A comprehensive update of the current state of the sustainable interior design industry is provided, including present and upcoming industry transformations, thought-leading principles, strategies and practices for project implementation, and fine points and resources for in-depth product vetting to support high-performing, healthy interiors. Sustainable Residential Interiors takes readers through an integrated design process, demonstrating relevant principles and practices that apply to essentially any interiors project toward creating an environment that is healthy, high-performing, functional, sustainable, and beautiful. In doing so, it:

- Promotes critical thinking about health and environmental issues in the building industry
- Features checklists and current resources, providing a "hands on" practical approach
- Addresses in-depth, applicable third party certifications and details on relevant building rating

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systems Provides in-depth strategies and criteria for fixed interior finishes, fixtures, equipment and furnishings Demonstrates successful, relevant, diverse and inspiring case studies Delivers comprehensive tools and resources for researching and vetting products' composition and chemical make-up. Evaluates all aspects of a building's interior to identify and implement methods that: save energy and water; reduce Co2 emissions and waste; improve indoor air quality free of toxins; and are responsive to environmental impacts Encourages forward-thinking by featuring inspirational statements from mentors, peers, and industry leaders Urges interior designers to commit to designing safe, healthy environments that are integral to a professional code of ethics, which ensure the delivery of positive outcomes for the client and any building's future occupants

Body and Soul

Encompassing every aspect of home renovation, improvement, and construction, this handbook offers up-to-date information on the latest Earth-friendly materials and techniques.

Body & Soul

Challenging conventional constructions of the Harlem Renaissance and American modernism, Daylaine English links writers from both movements to debates about eugenics in the Progressive Era. She argues that, in the 1920s, the form and content of writings by figures as disparate as W. E. B. Du Bois, T. S. Eliot, Gertrude Stein, and Nella Larsen were shaped by anxieties regarding immigration, migration, and intraracial breeding. English's interdisciplinary approach brings together the work of those canonical writers with relatively neglected literary, social scientific, and visual texts. She examines antilynching plays by Angelina Weld Grimke as well as the provocative writings of white female eugenics field workers. English also analyzes the Crisis magazine as a family album filtering uplift through eugenics by means of photographic documentation of an ever-improving black race. English suggests that current scholarship often misreads early-twentieth-century visual, literary, and political culture by applying contemporary social and moral standards to the past. Du Bois, she argues, was actually more of a eugenicist than Eliot. Through such reconfiguration of the modern period, English creates an allegory for the American present: because eugenics was, in its time, widely accepted as a reasonable, progressive ideology, we need to consider the long-term implications of contemporary genetic engineering, fertility enhancement and control, and legislation promoting or discouraging family growth.

Undecorate

New York School of Interior Design: Home

Award-winning designer and author Lori Dennis proves interior design can be both stylish and environmentally sustainable in this easy-to-use, entertaining guide. Dennis discusses every aspect of interior design—furniture and accessories, window treatments, fabrics, surface materials, appliances, plants, and more—from

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a green perspective in terms of reducing waste and pollution and turning a home into a healthy, comfortable environment. Readers will learn how to: - use sustainable materials like bamboo, cork, and recycled glass to enhance interiors - search thrift shops and antique stores for vintage hidden treasures - find the best vendors for purchasing green products - use plants and locally cut flowers to improve indoor air quality and brighten up rooms - replace lawns with indigenous plants and edible gardens - keep rooms clean with effective and nontoxic products - use energy efficient lighting and maximize natural light - apply for different types of green certification. Packed with over 100 color photographs, lists of the best green vendors, and profiles of leading green designers, this book is a thorough guide for anyone who wants to create beautiful interiors while lessening the waste and pollution generated by the building industry. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

Decorating with Jane Churchill and Annie Charlton

Country Life in America

Home Office Design

House & Garden

Wellness by Design

This whimsical yet informative guide is not just your typical design book—it was created to help you unveil your unique personal style and authentic flair! Author Charisse Marei helps you focus on achieving the home of your dreams, starting with creating a sanctuary in one simple room: the bathroom, where you begin and end each day. With its interactive workbook and countless eco—tips, recipes, and shopping lists, this book will gently encourage you to: - Remove toxins from your life - Design with purpose - Declutter, organize and tidy to create harmony - Manifest a treasure chest of well-being - Do breathe-able cleaning - Share stories - Welcome greater purpose Along the way to self-discovery you will acquire the tools of the trade to be the interior designer and client of your own project, discover new words to replace the negative word “stress,” and uncover the five keys to staying on the clutter-free path. Transform your wishes and desires into an action-inspiring journey to Release, Renew, Revitalize (3 Rs) yourself, your home, your furry

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friends, and our Earth.

Building a Sustainable Home

At last, there's an authoritative guide to help interior designers apply green-building and sustainability applications to their environments. Sustainable Interior Design expertly introduces the principles of environmentally responsible design for interior environments. This useful reference provides beginning designers and experienced professionals alike with a comprehensive survey that covers everything from theoretical approaches to current practices. It helps designers understand the environmentally responsible approach and make design decisions that are ethical and do not harm the world's environment.

Perception of Beauty

The Healthy Home Handbook

Offers advice on how to enhance and protect physical, mental, and spiritual health by creating a toxin-free home environment that inspires relaxation and harmony.

Clean Design

Comfort Zone: Creating the Eco-Elegant Interior welcomes readers to a fresh 21st century approach to interior design, one that emphasizes beautiful rooms, healthful furnishings and building materials, and extraordinary comfort, while thoughtfully considering the world outside our doors. Trudy Dujardin, ASID, LEED AP +ID + C, presents her work as one of the country's most accomplished interior designers with the signature passion and commitment that made her a pioneer in the sustainable design movement. Comfort Zone offers an intimate view into award-winning interiors in some of the most stunning homes in America. From chic urban apartments to luxurious coastal vacation homes, meticulously restored sea captains manses, and modern houses built by renowned architects, Trudy's emphasis on creating gracious, classically elegant interiors is demonstrated with striking color photography. You'll learn how to choose non-toxic paints and finishes for the skin of your home, find out what the most important room really is, discover that traditional upholstered furniture may not be the best seat in the house, and be inspired to create the comfortable, greener home you've dreamed of.

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