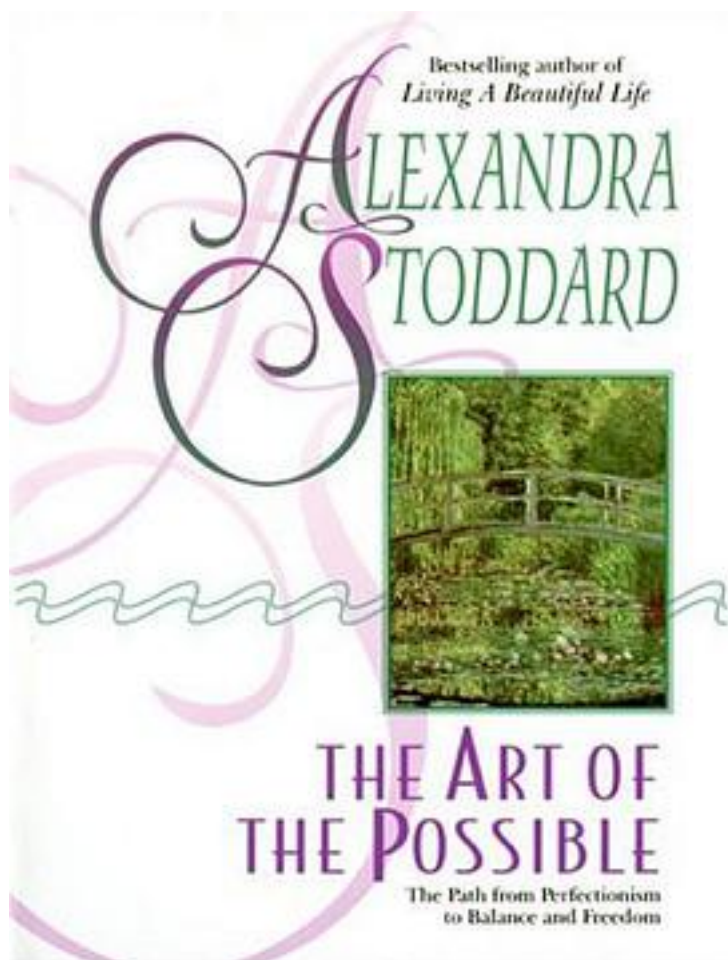


# The Art of the Possible



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著者:Alexandra Stoddard

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Book Description

As a speaker, author, and world-famous interior designer, Alexandra Stoddard was the first to show millions of people how to turn the place they live in into an oasis of tranquility, beauty, and joy. Beginning with her bestselling *Living A Beautiful Life*, and followed by other highly successful books, she demonstrates the magic that transforms living space, from cottages to mansions, not into showrooms, but into homes that reflect the comfort and joy of those who live there. Now in *The Art of the Possible* she adds wise words to the dream of creating a perfectly beautiful home, reminding all those who seek beauty to overcome the confines of perfectionism in favor of freedom that allows creativity to flourish.

From Publishers Weekly

Lifestyle guru Stoddard counsels people to seek balance rather than perfection.

From Library Journal

In her latest work, Stoddard (e.g., *Living a Beautiful Life*, LJ 10/15/86) tackles perfectionism with aplomb. Elegantly and simply narrating her message, Stoddard offers a personal, anecdotal story that explains the need for balance in living an easier, happier life. Perfectionism is symptomatic of a life out of balance, according to Stoddard, and it doesn't mix well with parenting. She stresses the need for play and personal time to remain centered and separate from a busy work schedule. On each page her journalistic style is augmented by special quotes, and eloquent chapters on love, healing, and death are inspirational. Recommended for public libraries where Stoddard's other works are popular.

Lisa Wise, EBSCO, Springfield, Va.

Midwest Book Review

Stoddard tackles the subject of demanding self-perfection, explaining how real joy and a stress-free life can only be obtained when individuals stop demanding perfection from themselves and others. Many case history examples and first-person insights are shared in Stoddard's exploration of the path to freedom.

Book Dimension

length: (cm)20.4 width:(cm)15.3

作者介绍:

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