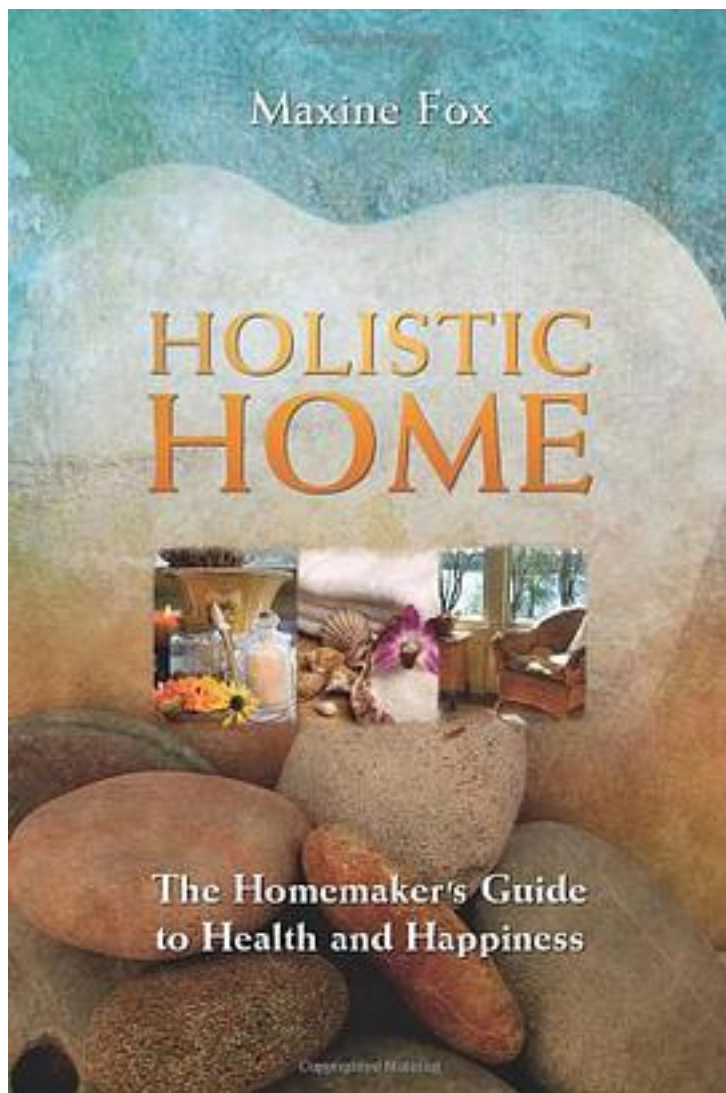


# Holistic Home



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Both the physical and emotional makeup of a home are considered in these affordable ideas for implementing holistic design in domestic life. The use of natural building materials, the selection of organic foods and cleaning supplies, the need for comfortable clothes and furniture, and routines for health and safety are covered in the first section of the book, with aesthetic and spiritual comforts taking the stage in the complementary discussion of therapeutic design, color, and lighting in a room. Ultimately, the choices made in furnishing a house reach beyond its four walls to touch neighbors, the community, and the universal spirit.

作者介绍:

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