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The Holistic Home: Feng Shui for Mind, Body, Spirit, Space

By Laura Benko

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, The Holistic Home: Feng Shui for Mind, Body, Spirit, Space, Laura Benko, The Holistic Home is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action--mind, body, and spirit--that result in profound change. The Mind portion covers the psychology of how you dwell; subconscious influences, decorating with intention, and how your emotional issues and challenges manifest in your space. The physical aspects, such as furniture positioning, design elements, sustainability, wellness, and organization pertain to the Body. The Spirit covers the invisible energies, Feng Shui, atmosphere, and soul of your home. Beginning with the author's personal story of transformation after being diagnosed with a rare cancer and then having a book serendipitously fall on her head, she devoted the next decade of her life to research and hundreds of transformative holistic Feng Shui consultations. Their real-life inspiring stories, including her own personal story, along with specific actions and tips have become the foundation for The Holistic Home. Chapter by chapter, readers will learn how to holistically tackle it all--their mind, relationships, living room, clutter, health, community, inner...



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