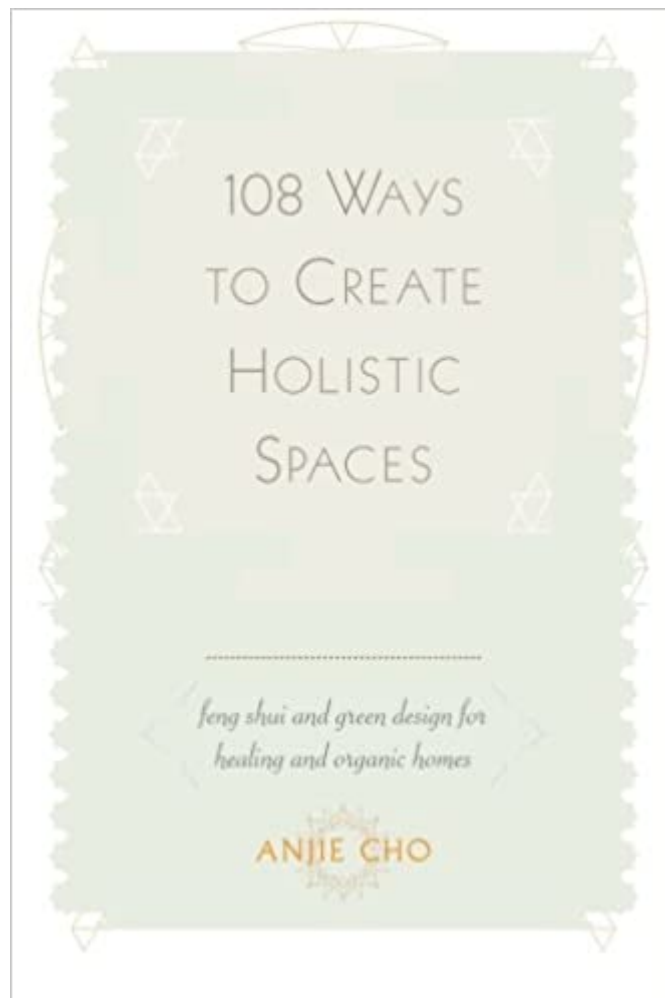




The book was found

108 Ways To Create Holistic Spaces: Feng Shui And Green Design For Healing And Organic Homes



Synopsis

Feng Shui can change your life -- but learning how to use it can feel overwhelming. Architect and feng shui practitioner Anjie Cho clears the clutter and shows you how to apply feng shui and green design principles to support and enhance your life. From the bedroom to the home office, and from furniture placement to the use of color, these simple, straightforward tips will transform your home and workplace to improve the flow of energy through your life. 108 Ways to Create Holistic Spaces: Feng Shui and Green Design for Healing and Organic Homes is written for the way we live and work today. You will learn how to:

- position yourself in command of your life
- clear and refresh your space
- use the feng shui bagua map
- choose colors for maximum impact
- incorporate the five elements
- make every room in your home and workplace serve its highest purpose
- create eco-friendly spaces
- dedicate your spaces to match your intentions
- bring calm, inspiration, love and abundance to your life and the world

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in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts

Customer Reviews

"Let Anjie take you by the hand and lead you on a path of learning and self-improvement. If you follow Anjie's suggestions, you will create spaces in your home and workplace that support your dreams and advance your life."Steven Post, The Modern Book of Feng Shui

The strength and beauty of Anjie's metal element shines on every page -- structured, precise, and true to the teachings of His Holiness Grandmaster Professor Lin Yun. 108 Ways is a lovely and thought-provoking invitation to further your exploration of feng shui and conscious design."Katherine

Metz, feng shui practitioner

Anjie Cho is a registered architect and feng shui interior designer. Since 1999, she has been creating beautiful and nourishing environments. A graduate in Architecture from the College of Environmental Design at the University of California at Berkeley, Anjie is a sought-after expert in the fields of feng shui and green design. Anjie is also the founder of Holistic Spaces, a blog and online store that integrates beauty, spirituality, and green design. Anjie is a LEED Accredited Professional and certified feng shui consultant from the BTB Feng Shui Masters Training Program. She lives in the Lower East Side of New York City with her husband and her Chihuahua, Javier.

what a gem! I love this book. I love how accessible it is - you needn't sit and read it in one go, rather it's perfect for picking up, opening on a random page and tackling that part of your home. Each segment is short and sweet - practical and to the point. I've worked my way through the kitchen section - added little mirrors by my stove to double our abundance and remove the fear from my cooking, and I have beautiful quartz in my fridge ... still working my way through it and really recommend it. This book is one to keep on hand and pick up every time you feel your home is getting blocked or stagnant and need of a little "fresh air".

Fantastic! Loads of helpful ideas!

This book will empower anyone wanting to learn how to incorporate feng shui at home to transform each room and improve the flow of energy. I've always been interested in feng shui but did not understand how to use it to benefit my living space and working environment. I viewed it as a monumental task until I started reading and truly understanding the concepts explained so eloquently in the 108 Ways to Create Holistic Space. The book in itself is a graceful piece of artful mastery of wisdom passed down to the reader from the expert and author. From the Feng Shui Map to the Colors, Five Elements, Basic Principles, Space Clearing (a biggie for me!), to each Room, Meditation space, Closets, Doors. Windows, Plants and The Holistic Home was a special 'bonus' for anyone wanting to improve the 'health' of their home as well. Powerful wisdom in this book for you to learn from and implement in your home. Highly recommend!

I grew up in a culture and part of the world where Feng Shui is a part of daily life but for the most part it has remained a mystery to me, until now! Anjie's beautiful little tome is the best resource for

the Feng Shui novice I've ever seen. Clearly organized, it walks one through the principles of Feng Shui, the Bagua Map, Feng Shui colors (love this one!) and then through the home where it will be applied. Extremely well-thought out, carefully designed, with beautiful quotes and charming stories peppered throughout, Anjie has written a little manual that makes Feng Shui accessible, fun to read and practical to apply, a quality that must be due to Anjie being a practicing architect and interior designer! As a busy entrepreneur, I often struggle to find time to read books, especially manuals and the short, easy chapters in this one make it so easy to skim through and skip to the part of the home or Feng Shui principle I'm looking to apply. A most welcomed addition to my library, definitely recommended!

This is exactly the feng shui book I've been looking for. It's clear, well organized and easy to apply to your life. I've tried reading other feng shui books and felt overwhelmed by all the information and how (ironically) confusingly organized they were -- but 108 Ways makes it easy to learn some key feng shui principles and get started right away making feng shui adjustments in your own space. I love this book.

This book is a great source for organizing my home and getting that natural flow and feeling according to feng shui principles - I need all the help I can get and I am off to a great start by reading this, very easy to follow...

I know very little about Feng Shui and have always been intimidated by how obtuse other books on it seemed to be. I just got this book and appreciate how concise and clearly written it is - it makes understanding this storied Chinese design discipline so much easier!

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