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

Laura Benko

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The Holistic Home: Feng Shui for Mind, Body, Spirit, Space Laura Benko
Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep.

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 condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home.

Years ago, author and holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for *The Holistic Home.*

Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

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