



# Color Therapy at Home: Real-Life Solutions for Adding Color to Your Life

*Dennis Fairchild, Mark McCauley*

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Color is one of the first elements you notice when you walk into a room, and color resonates with you when you leave. Color sets a mood: The right color combinations can transform our home and bring all who live there new levels of energy.

Color Therapy at Home: Real-life Solutions for Adding Color to Your Life will show you how to surround yourself with colors that bring you the most happiness, harmony, and well-being. Unlock the secrets of color therapy and use them to release your inner self.

Bring color to the forefront of your home's décor and explore how the right tone can be an antidote for stress and tension.

--Learn the properties and associations of each color.

--Discover hands-on design advice for decorating with color in your house or apartment.

--Find the color underpinnings of calm, stimulating, soothing, or inspiring spaces.

--Determine your personal color preferences, and pick the dominant, secondary, and accent colors for each room of your home with an ingenious color quiz.

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