



Being Home: The Art of Belonging Wherever You Are

By Rebecca Ross

RED WHEEL/WEISER, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Home is more than an address. It s a place you belong, one that reflects who you are. This feeling of belonging comes from your being, as well as where you are. Recognizing that relationship between you and your environment opens a door. When you understand the link between these two, you can step across a threshold and make your home a place that works well and feels right. Being Home teaches you how to establish this link between you and the outside world by Creating awareness about your natural and energetic boundaries, Finding your own roots and how to connect to your spaces, and Utilizing the three fundamental qualities of an environment to create a feeling of home wherever you are. Each lesson is supported by a variety of exercises that can be performed at home, at the grocery store, even while stuck in traffic. When you engage with your surroundings, you ll move with fluidity and confidence anywhere--a crowded room, an empty street, and anywhere in between.



READ ONLINE
[9.7 MB]

Reviews

The best publication i actually study. We have study and that i am certain that i will likely to study once more again later on. Your daily life span will likely be transform the instant you total reading this book.

-- Mrs. Alene Leffler DVM

These kinds of pdf is the greatest ebook readily available. This really is for those who statte that there had not been a worthy of looking at. Your daily life period will be change when you comprehensive looking over this pdf.

-- Dock Hodkiewicz