



101 Ways Feng Shui Can Change Your Life

By Nancy Wydra

McGraw-Hill Education - Europe, United States, 2002. Paperback. Book Condition: New. 209 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This title provides simple and inexpensive ways that changing your home can enrich your life. Feng shui means wind water and is the ancient Chinese art of designing spaces to improve one's quality of life. Thousands of people have already applied feng shui principles in their homes and businesses to improve their emotional well-being. Now in 101 Ways Feng Shui Can Change Your Life, feng shui expert Nancilee Wydra brings a unique approach to using these principles to enhance your life. She offers practical suggestions for common personal issues for everything from building self-esteem and losing weight to improving your energy level and reducing stress. The suggestions are inexpensive and simple and are soundly based on the ideas of feng shui. You'll learn that: painting a room a mid-tone blue or salmon color can lower your blood pressure and reduce stress; entering through the front door of your home boosts self-esteem; eating a mint or smelling its scent suppresses your appetite, helping you lose weight; using a round table in the dining room...



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