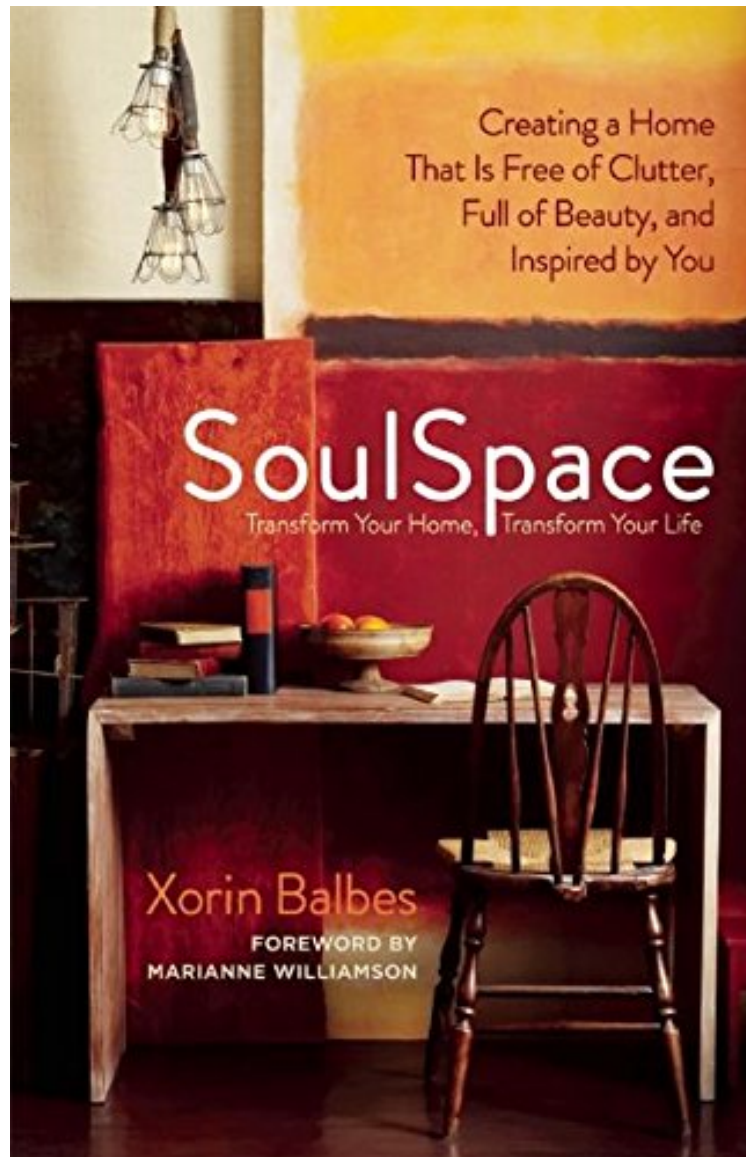


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SoulSpace: Transform Your Home, Transform Your Life -- Creating a Home That Is Free of Clutter, Full of Beauty, and Inspired by You

Xorin Balbes

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my time, and all praised SoulSpace: Transform Your Home, Transform Your Life -- Creating a Home That Is Free of Clutter, Full of Beauty, and Inspired by You:

17 of 18 people found the following review helpful. Lots of things you might already know, some you might not. By doctormama Wasn't this an Oprah recommendation? I think so. I've been studying interior design for some time now, eager to learn what makes a home a refuge and a joy. This book might be more useful to a beginner. Its main messages are about finding what colors, shapes, textures, configurations, etc., make you feel like your home is a natural extension of your most wonderful attributes and is the primary place where you feel safe, nourished, and whole. It's a great message, but there's not a whole lot of concrete guidance about how to find these things out. 0 of 0 people found the following review helpful. Soul Feeding and Practical By LittleLeprechaun I LOVE this book and regularly recommend it to others. Xorin Balbes has an engaging writing style and does a good job balancing practical solutions with real world examples of how people created their own soul space. Although not a religious book by any means, this book starts feeding your soul before you even start implementing the suggestions. I first borrowed this book from the library, but after reading it I had to buy one for myself so I could loan it out to others. 0 of 0 people found the following review helpful. Exactly what I need to transform my inner and outer space. By Phoenix Great information. It's helping me to see my surroundings from a soulful perspective.

Xorin Balbes created his eight-stage SoulSpace process to help his clients create homes that reflect and celebrate what is essential about their inhabitants. The process works for any budget, anytime, anywhere and results in inspiration, self-discovery, and practical solutions. Through the stages assess, release, cleanse, dream, discover, create, elevate, and celebrate you will explore not only the design of your abode but also your own interior: how you think, feel, and sense the world. Empowered with this self-knowledge, you will discover fresh ways to declutter, refresh, and enhance your living space. Xorin's wonderfully unique technique will nurture and transform both your soul and your home.

From Booklist Los Angeles interior designer Balbes begins his helpful first book by describing the eight SoulSpace stages and how a modest interior renovation can make major changes in an individual's life. Rather than meander from room to room, the author uses his clients as true-life examples in each one of his stages. Keeping a never-worn wedding gown, for instance, hampers one woman's personal growth; a comment from Balbes epitomizes his philosophy about that problem: If it is beautiful but makes you feel lousy, let it go. He points to the power of positive thinking through objects; his partner Jason, once a Broadway actor, reconnected with his award and begins realizing success. Balbes also advocates maximizing the kinds of items and events that transform a living space, whether it's the creation of a mood board, the answers to an interior's issues (like noisy neighbors or low-lighted areas), or the celebration of a space meant to live and love in. --Barbara Jacobs Xorin's expertise and thorough insight allow us to understand the importance of creating our own personal SoulSpace from the inside to the outside. His process enables us to transform, progress, and evolve in our journey of life. Jo Frost, parenting expert and author of Supernanny SoulSpace is about more than how we decorate our homes; it's about how we care for ourselves. from the foreword by Marianne Williamson, author of The Age of Miracles