



# **The Mindful Home: The Secrets to making your home a place of Harmony, Beauty, Wisdom and True Happiness**

*Craig and Deirdre Hassed*

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# The Mindful Home: The Secrets to making your home a place of Harmony, Beauty, Wisdom and True Happiness

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## **The Mindful Home: The Secrets to making your home a place of Harmony, Beauty, Wisdom and True Happiness** Craig and Deirdre Hassed

A house is merely physical but a home is far more subtle and elusive. By bringing a mindful approach to the ways in which we feed our mind and our heart through our senses, how we use space, the practicalities of managing a home, and how to live a healthy and sustainable life at home, The Mindful Home beautifully enables us to shape the living spaces we want, creating an environment that both nurtures and invigorates us, while meeting our needs. The ultimate guide to the art of conscious living.

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