



# The Peaceful Home

By Alice Westgate

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## **Editorial Review**

### About the Author

Alice Westgate grew up in the peaceful countryside of Northumberland and now lives in London. She spent four years on the staff of Homes & Gardens and currently works as a freelance journalist, writing about interiors all around the world for leading home-interest consumer magazines, including House & Garden and Country Home and Interiors.

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Your home should be a refuge from the stresses of the outside world. It should be a place that nurtures you, calms you, pleases you and indulges you -- a haven of constancy and calm when all around you is unpredictable and demanding. Providing you with a sense of belonging, your home is a place where you can establish roots, grow, and flourish. While bricks and mortar in themselves can't make you happy, a well-designed home that is filled with things you love is a solid foundation on which to build a rich and rewarding life.

You don't have to spend lots of money, to follow a particular trend, adhere to any prescribed principles, or strive for anyone else's idea of perfection. Creating a peaceful home is all about self-expression -- trusting your instincts and developing your own style, whether you live in a cottage or a castle. All you need do is be yourself and make choices from the heart. Spontaneity and idiosyncrasy are the secrets of success.

The first step is to imagine what your perfect house would be like -- its style, size, location, and atmosphere. The second is to enhance the quality of the experience by satisfying the senses, incorporating wonderful sights, sounds, scents, tastes, and textures at every opportunity. The final step is to recognize the practicalities that will turn your ideas into reality. The three parts of this book -- "The Options," "The Senses," and "The Basics" -- will guide you along the path toward creating a home that is more peaceful than you had ever dreamed.

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