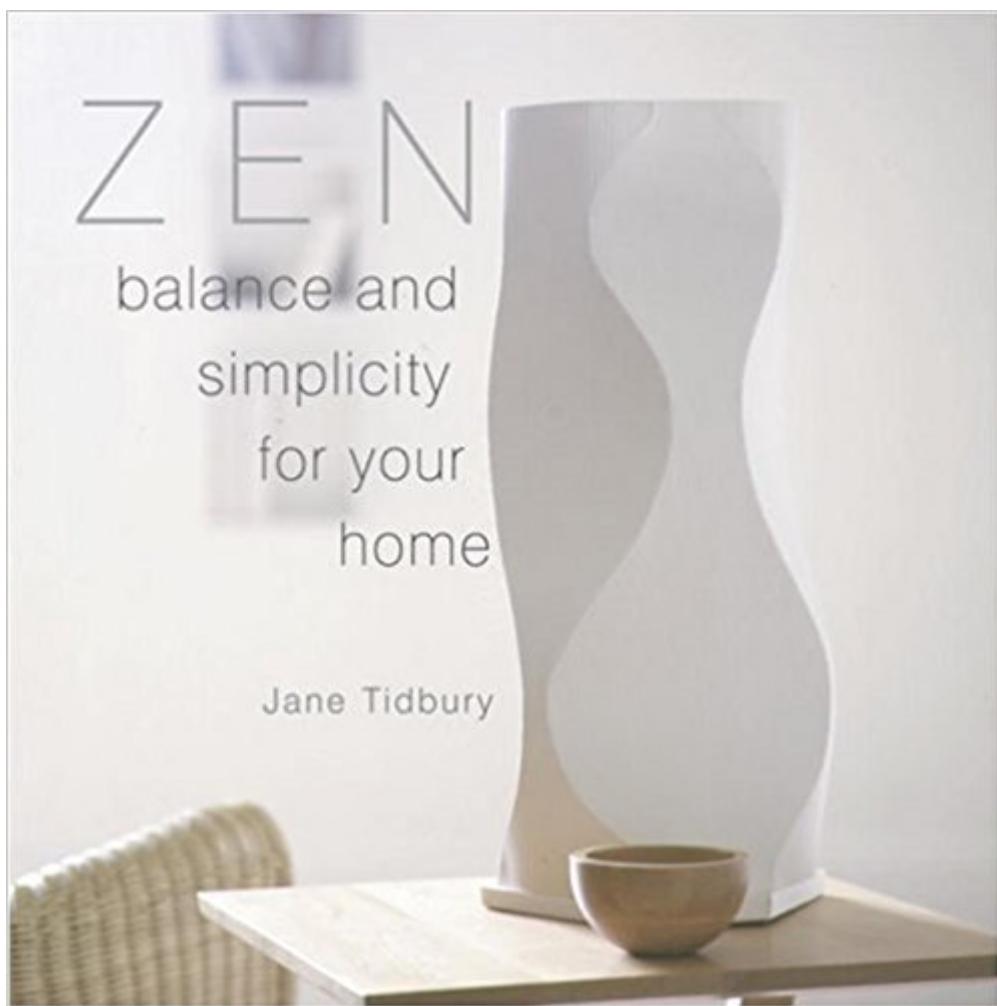


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# Zen Style: Balance And Simplicity For Your Home



## **Synopsis**

The Zen home is tranquil and light, natural and balanced; it is a minimalist space influenced by Eastern philosophy. This book draws together elements of Zen Buddhism and applies them to all areas of home decorating-- including color, texture, lighting, flooring, and furniture-- to reveal how you can create an elegant and serene interior landscape. Beautifully illustrated with two-hundred photographs that show practical solutions to common problems and simple projects-- such as an indoor water fountain, textured cushions, and a linen screen-- Zen Style provides all you need to achieve a calm and peaceful living space.

## **Book Information**

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## **Customer Reviews**

At its most basic, Jane Tidbury's Zen Style simply invites readers to notice their homes and their surroundings. And unlike many decorating books that focus on revitalizing your home by adding new objects or by making large-scale alterations, Zen Style is much more concerned with the details--color, light, the placement of small objects, and, perhaps most importantly, the introduction of sensory elements like scent and sound. As the book's subtitle mentions, this type of style is about simplicity and balance. The opening chapter is dedicated to elements of this simplicity--showing the reader how to observe the space, light, and textures of their home. In the course of the introduction, the book also eases the reader out of any preconceptions of what is traditionally thought of as interior design. One of the most refreshing aspects of the book is that very few of its suggestions require either great expense or effort to effect significant change. By making small

adjustments--adding a hint of color to a white wall with a single brushstroke, placing a small collection of wildflowers in an antique jar, or lining a mantelpiece with tea lights and leaves--even minor changes in environment can profoundly alter the mood of a room. For those with more ambitious stylistic ideas, Zen Style encourages any major remodeling efforts to be concentrated around adding more light to rooms or creating a sense of connection within a home by adding interior windows in walls. There are several smaller-scale projects explained in the book as well--the enterprising home decorator will find plans for building a relaxation fountain and repurposing an old table as a hand-painted ornamental display. Most of the suggestions that Tidbury offers are far less time-consuming, however, and what is most enjoyable here is simply the number of opportunities to convert a bland or cluttered space into a more open and inviting place through well-chosen additions or changes. The book's color photos and Zen sayings illustrate the basic elements of simplifying not only a home's style, but the philosophy of that style as well. One such photo, a slightly blurred shot of a white cot with a simple cotton pillow and a pile of soft wool blankets at the foot, typifies Zen Style: it is often the small comforts and relaxing, familiar things that make a home a peaceful and pleasant place to live.--Kris Law

Jane Tidbury is a freelance writer and stylist specializing in interiors and design. She contributes to a wide range of magazines, including Living etc, House & Garden, Ideal Home, Country Homes & Interiors, and Homes & Gardens. She is the author of House Beautiful's Choosing and Using: Paints and Wallpapers.

Beautiful photos and interesting ideas. Just looking at the pictures is inspiration to further simplify and de-clutter my home.

Although I love Zen style interiors, I decided eventually that the look is not for me - I like a bit of colour and pattern too much to be Zen. But having said that, this is a lovely book with nice pictures, and the how-to projects are fun to reproduce.

Good basic ideas for simplified environment

Excellent service.

This book will give you ideas on how to incorporate simple beauty to your living space that will

facillitate harmony and inner peace. Right now it's my dream book for where I want to be - just looking at the photos give me hope.

This book is excellent! Jane Tidbury teaches you how to create those special looks for your own home, even if you live in a very ordinary house that has no special architectural features. It is easy to follow because she doesn't get too technical, and she even guides you through some simple projects you can do that would create a significant impact on your place.

I was pleased to find a book on utilizing the Zen/Oriental influence for personal decorating ideas on a budget. Ms. Tidbury writes beautifully and her points are clear and easy to follow, and has directed her work for the lay person in applying the Zen principle. I look forward to seeing more books from her.

This book displays a stunning grasp of the obvious. Beyond its plans for some not very interesting do-it-yourself projects, it offers little--trite advice like "Spending time alone with yourself is an important feature of reflection" accompanied by an unsatisfying collection of photos. Books like The Japanese House, Simply Zen, and Japanese Style do a much better job of presenting the Zen aesthetic.

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