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Zen Interiors

Vinny Lee

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The principles of Zen Buddhism are increasingly reflected in interior design today, as people look for ways of creating havens of calm and relaxation within their own homes -- oases where they can unwind, regain some contact with the natural world, and enjoy a few moments of serenity.Zen Interiors abounds with practical advice on organizing and editing personal possessions to eliminate clutter and simplify the home environment. Readers learn to use natural perspectives to achieve harmony and balance; fabrics, furnishings, and floors to produce an alliance of touch and texture; color and contrast to create illusion and accent; and light -- natural and sculpted -- to echo nature.Room by room, the book puts the principles into practice, combining simple modern shapes with sensuous material. There are chapters on entrances, eating places, working and leisure rooms, sleeping spaces, rooms with water, and transitions to gardens and the outdoors beyond. Also covered are the use of objects, ornaments, and flowers to punctuate or accentuate the natural space and flow of a room.

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