



# Charisse Marei

ECO-CONSCIOUS HOME • BREATHE-ABLE LIVING

## ONE ROOM AT A TIME: ECO-CONSCIOUS HOME CREATING A HEALTHY LIFESTYLE IN YOUR HEART & HOME

AUTHOR CHARISSE MAREI HELPS YOU TO CREATE AN ECO-CONSCIOUS HEALTHY HOME, HEALTHY LIFESTYLE THAT IS BEAUTIFUL, INSPIRING, ENVIRONMENTALLY SAFE FOR YOUR HOME, WELL-BEING, FURRY FRIENDS AND OUR PLANET STARTING WITH ONE ROOM AT A TIME. WITH ITS INTERACTIVE WORKBOOK AND COUNTLESS ECO-TIPS, HOW-TOS, RECIPES, AND SHOPPING LISTS, THIS BOOK GENTLY ENCOURAGES YOU TO:

- DECK YOUR HOME \* YOUR LIFE
- CLEAR THE CLUTTER TO BE FREE OF STRESS
- LEARN HOW TO ORGANIZE & TIDY
- DESIGN WITH AN ECO-TWIST
- DISCOVER "ME TIME"
- SHARE STORIES



FOLLOW THE 3RS TO RELEASE \* RENEW \* REVITALIZE  
YOUR HOME AND BODY, MIND, SPIRIT!

### ECO-TIP ~ EXCERPT



WHEN YOU FIND THAT ONE "THING" THAT INSPIRES YOU (YOU MAY ALREADY OWN IT), BEGIN TO DESIGN THE SPACE AROUND IT. ULTIMATELY, IT IS YOUR PERSONAL PREFERENCE TO COMPLEMENT YOUR STORY STYLE . . . AND NOT THE CURRENT FASHION TREND. (P.156)

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