

## Space Matters: Use the Wisdom of Vastu to Create a Healthy Home. 11 Top Designers Show You How

By Kathleen Cox

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### Space Matters: Use the Wisdom of Vastu to Create a Healthy Home. 11 Top Designers Show You How By Kathleen Cox

Vastu, the ancient Indian design philosophy, uses the human body to guide the creation of harmonious interiors

Some rooms refresh and reward everyone who enters them with a sense of comfort, calm, and wonder. Other interiors—no matter how lavishly appointed—simply don’t work. But why?

To puzzle out this riddle, design consultant Kathleen Cox studied vastu, the ancient Indian philosophy of space that centers on the human form as the guiding force in interior design. (A sister science to yoga, vastu was the precursor of feng-shui.) In *Space Matters*, Cox—working with 11 other designers, all of them adept in the green architecture and “home as sanctuary” movements—presents her utterly modern adaptation of vastu’s age-old wisdom. The starting point is the awareness that space, and all the “matters” that occupy it, are fundamentally important to human well-being. The goal—accomplished through the manipulation of color, light, and texture and the discerning selection of objects and sensitive placement of furniture—is to create environments that holistically appeal to body, mind, and soul.

*Space Matters* isn’t just another catalog of great design work. As practical-minded as it is beautifully illustrated, the book provides questions and answers, before and after photos, and a wealth of advice explaining how to apply vastu’s insightful, life-sustaining principles to your own home.



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### **Editorial Review**

#### **About the Author**

KATHLEEN COX is the foremost proponent of vastu in the United States. She is the author of two previous non-illustrated books on the subject: *The Power of Vastu Living* and *Vastu Living*. She consults for both commercial and private clients (such as Christy Turlington), and has a burgeoning lecture circuit program. She lives in Shaker Heights, Ohio. Her website is [www.vastuliving.com](http://www.vastuliving.com).

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