



# Do I Look Skinny In This House?: How to Feel Great In Your Home Using Design Psychology

*Kelli Ellis*

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Why do we care so much about our homes? When did this societal phenomenon begin? Entire stores and cable channels are dedicated to the remodeling of one's home-proof that our homes are more than just walls, windows, and floors. Our homes exemplify who we are. They are an extension of us.

We all want our homes to be our havens, our nests-our nerve centers for life. We look to our homes to represent our emotions, our passions, our travels, our families, and our careers. No longer are our dwellings a protection from the elements or a simple place to cook a meal. We wear our homes like we wear haute couture, and put them on display for all to see. Learning to design your home in a meaningful way and understanding "why" you adore certain colors, styles, and decor is more important than knowing where to place furniture in a room. Understanding the principles that create ambiance, feeling, and mood in your home are key to creating your ideal haven.

Start with the "why" rather than the "how" when remodeling and your home will become your haven-and you will experience more joy, fulfillment, and the contentment you seek.

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