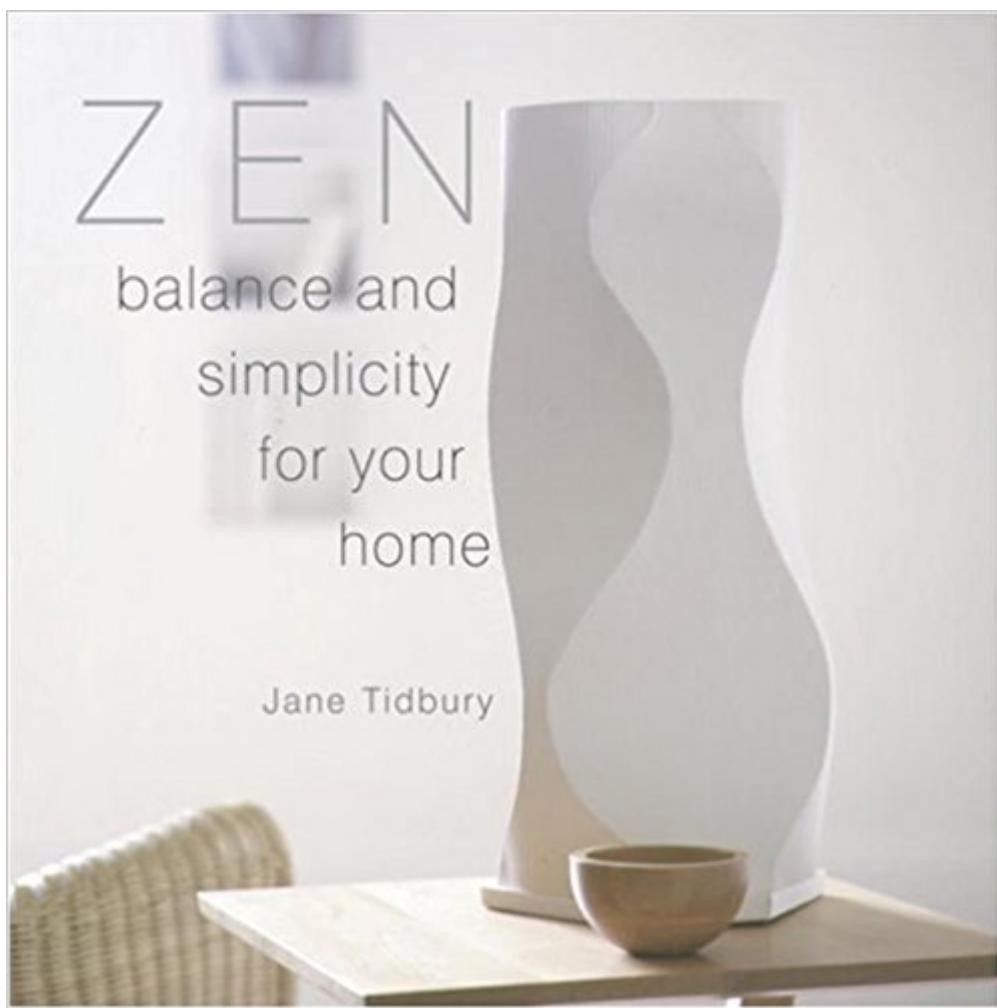


The book was found

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

Paperback: 144 pages

Publisher: Universe (November 13, 1999)

Language: English

ISBN-10: 0789303655

ISBN-13: 978-0789303653

Product Dimensions: 9.2 x 0.4 x 9.4 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.2 out of 5 stars 14 customer reviews

Best Sellers Rank: #645,959 in Books (See Top 100 in Books) #60 in Books > Arts & Photography > Decorative Arts & Design > Interior & Home Design > Style #692 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #915 in Books > Arts & Photography > Architecture > Interior Design

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.

[Download to continue reading...](#)

ZEN: Everything You Need to Know About Forming Zen Habits → A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen Style: Balance and Simplicity for Your Home Zen: Zen For Beginners → The Ultimate Guide To Incorporating Zen Into Your Life → A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1 : From the Upanishads to Huineng (Zen & Zen Classics) INTERIOR DESIGN : The Beginner's guide, organise your home, techniques and principles on art of decoration: Customise your home with us (Home design, home construction, home arranging with style) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance

Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Laws of Simplicity (Simplicity: Design, Technology, Business, Life) Tricia Foley Life/Style: Elegant Simplicity at Home Zen Gardens: The Art and Principles of Designing a Tranquil, Peaceful, Japanese Zen Garden at Home Z.B.A.: Zen of Business Administration - How Zen Practice Can Transform Your Work And Your Life Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Beginner's Home Recording On A Budget: How to Build an Affordable Recording Studio at Home and Get Your Music Heard (Home Recording, Home Recording for ... Songwriting, Home Studio, Acoustic) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Your Flight is Out-of-Balance, Captain!: The Role of Effective Communication in Today's Aircraft Weight & Balance Planning Shaker Style: The Gift of Simplicity Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)