

## **Award-Winning Decorator Heather McManus Releases New Book, “Love Where You Live”**

Illustrated guide shows how virtually anyone can turn that dream home into reality

Kinnelon, NJ (MMD Newswire) August xx, 2015 – For the millions who are planning to redecorate their homes because the holidays are approaching, or just because they’re tired of the same old living space, there is a new illustrated guide, “Love Where You Live: Dream Homes Made Real,” by interior designer Heather McManus (McManus publishing), out on September 17, 2015. McManus, the owner, creative director and principal decorator of the boutique interior design company, Artistry Interiors, LLC, says the book’s title reflects her design philosophy: “Love where you live, because your environment affects how you feel.”

In light of that philosophy it seems clear that for McManus, interior design is not just a simple matter of making sure the couch doesn’t clash with the wall paint. One’s emotional and even physical health could be at stake. There is a fairly large body of research about the ways people are affected by their surroundings, and the science seems to indicate that decorating elements such as color, lighting, furniture placement and even the presence of plants can influence mood, happiness and health. It’s also known that excessive clutter can increase stress levels and can negatively affect health in many ways. Heather McManus is not a research scientist, but as an award-winning interior designer and associate ASID member, she has seen the positive differences that even a minor home re-do can make in people’s lives.



It’s also clear that McManus takes her work seriously, viewing home as a sanctuary, a space to “recharge, restore, and create memories with family.” As she puts it, “Your home is where you celebrate the holidays; bring your new baby home from the hospital; and where precious memories are made.”

McManus notes that her book will be coming out just as many people are thinking about getting their homes spiffed up for the holiday season. With fall just around the corner, and the kids back in school, there’s never been a better time to get started, she says. She adds that her book will give readers a kick-start by helping them tackle the three basic steps of redecorating: “Decide what you want, make a plan, and get it done.”

“Love Where You Live” is a glossy, coffee-table volume that McManus hopes will not be consigned just to the coffee table. Though artsy and profusely illustrated, it is also a practical book filled with real life stories and executable ideas. Traditional Home Magazine writer Clara Haneberg, who recently featured McManus’ work on [a Showhouse video](#), describes McManus’ book as stylish and inspiring.

And McManus says that the book has something for everyone who’s considering revamping their home, whether they choose to do a lot of it themselves or hire a decorator. For those who opt for the latter the book is rich in insights on what it’s like to work with a high-end designer.

McManus even has solutions for those who dealing with downsizing. Millions of people, such as retirees or the recently divorced or widowed, have had to downsize their living quarters, and those smaller spaces can sometimes seem very cramped and anything but homelike. But, says McManus, there are numerous clever design tricks that can optimize small spaces, making them look and even feel larger. The artful use of reflective surfaces and soft neutral colors can make a world of difference between a claustrophobic cave and an airy sanctuary. (Conversely, McManus also offers solutions for the problem of a room or other space that is awkwardly large.)

“I absolutely believe you can love your home no matter how large or how small it is, no matter how new or how old,” McManus says. “I hope this book will give people plenty of design ideas and will get them excited and inspired. I can’t stress enough how important it is to ‘Love Where You Live,’ because your environment truly does make a difference in how you feel about yourself and about your life.”

**Availability of book: on Amazon and specialty retailers.**

For more information visit the Artistry Interiors web site: [www.artistry-interiors.com](http://www.artistry-interiors.com)

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