

This isn't just another
dust-collecting
coffee table book.

Author & design psychology coach
Rebecca West wrote this book to
help you **GET HAPPY AT HOME!**

It's **FILLED WITH EXERCISES**
designed to help you and your family
SEE YOUR HOME WITH NEW EYES
and **TAKE ACTION** to change it.

Read this book and discover if your
home is supporting (or sabotaging)
your goals, and identify changes you
can make **ON ANY BUDGET** to get
happy at home.

Seriously, your home is just sitting
there, ready to help you be happier,
healthier, and more successful.
Why not put your home to work?



"This book demystifies and makes
accessible what many designers and
feng shui experts make more confusing."

Lisa Parda, Stars At Night Publishing



Author Rebecca West, CEO of the interior design company
Seriously Happy Homes in Seattle, is on a mission to get
everyone happy at home. Even though she's an award winning
designer she really doesn't care if anyone ever buys a new sofa.
She just wants our homes to be our happy place!

Rebecca can't resist a cat video or a costume party, loves Oreos
and Scotch whiskey, and has a knack for seeing the silver lining
in most situations. You can connect directly with Rebecca on
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CICO BOOKS

A conversation with Rebecca West, interior designer, design psychology coach, and author of *Happy Starts at Home: Change Your Space, Transform Your Life*

Why did you write *Happy Starts at Home*?

I wrote *Happy Starts at Home* because interior design is a powerful tool that can help folks live happier lives, and I want everyone to know it! There are lots of interior design books that are full of beautiful, aspirational pictures but they don't ask the very important question: "How will these changes to my home help me live a happier life?" This book is meant to help readers get behind the motives for making updates to their homes so they don't just end up with a pretty house to impress the neighbors, but rather a home that supports their dreams, family, and even their New Year's resolutions.

How did you get started as an interior designer?

My career started when I got divorced and found myself living in the house I'd once shared with my ex-husband. Everywhere I looked I felt haunted by that past relationship—there was the couch we'd gotten... the bed we'd shared... the paint colors we'd chosen together... I couldn't keep living like that. I found a way to transform my space on an out-of-work divorcee's budget, moving on without moving out. That launched the start of not only my new career, but also my new life, and that is what I hope this book gives other people the courage to do: to take action that moves them towards living a happier life.

How is this book different from other interior design books?

Happy Starts at Home isn't meant to be a passive book. Even though you'll find my story and some examples of past design clients in the book, along with images of beautiful rooms, that's not what it's about. All that's in there to help readers identify concrete and achievable action *they* can take in their spaces, right now, to get happier at home and in life. That is why there are workbook-style questions that complete each chapter—this book is here to inspire the reader to act!

What can readers hope to learn from this book?

Each chapter of *Happy Starts at Home* tackles one aspect of life—like relationships, healthy living, or money—and connects success in those areas to the design of our homes. It's meant to help readers get big-picture perspective on how their homes are either supporting their life goals, dreams, and passions, or creating obstacles to those goals. And then it guides them towards achievable small steps they can take to make their homes, and their lives, happier.

Is this a book geared specifically to homeowners, or can renters be happy at home, too?

Having a happy home doesn't require owning your own home. I've helped plenty of renters find ways to make their temporary house feel like home, and in my own life I grew up in the military and moved from rental to rental. My parents always made the effort to make the house feel like home, and that was an important reason why moving always felt like an adventure, rather than an uprooting of my whole life.

Your writing style is conversational, almost like talking to a good friend. Tell us about your approach to writing this book.

Interior design shouldn't be inaccessible and luxury-oriented. Personally, I'm not a brand-name buyer; I often buy gently-used items, because, while I want my home to look and feel beautiful, I don't want to be worrying if my friends come over and spill red wine on the carpet. I need my home to help me *live* my life.

Having a home that supports and reflects you is important for everyone! When folks read *Happy Starts at Home* I want them to feel empowered to make whatever changes they need to in their homes without feeling pressure to make it "perfect" or meet someone else's expectations of what their home should look like. This book isn't about having a home that belongs on the cover of some design magazine. It's about taking action, and taking ownership over your life and your space.

What makes you the expert in getting happy at home?

I am a certified Design Psychology coach with degrees in Interior Design and in Community and Environmental Planning. I've been leading my interior design firm Seriously Happy Homes for over a dozen years, and I have helped over 2,000 people create a happier home. But what connects me so deeply to the importance of having a happy home, and helps me have compassion for my clients, is experiencing it for myself. Finding "home" while growing up in the military, splitting homes with divorced parents (one of whom was living on a sailboat in the middle of the Pacific Ocean), leaving home to serve in the Peace Corps, and reinventing my home post-divorce, have all made me hyper-aware of the importance of having a happy home, no matter where life might take you.

Happy Starts at Home: Change Your Space, Transform Your Life

Rebecca West

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