



Harmonious Environment: Beautify, Detoxify & Energize Your Life, Your Home & Your Planet

Norma Lehmeier-Hartie

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Harmonious Environment: Beautify, Detoxify & Energize Your Life, Your Home & Your Planet, by Norma Lehmeier Hartie, is an indispensable reference book for anyone who cares about their health and well being and for the future of the planet. Hartie concisely covers a wide range of subjects and includes a comprehensive listing of advisory organizations, product and service resources. Part I of the book, Banish the Ugly from Your Life, is a blueprint for green, sustainable living. Discover how to replace toxic and unsustainable products from household cleaners to food (including recipes) to furniture to personal care products with safe, eco-friendly ones. Hartie is the tough but motivational Life Coach in her approach to cleaning, removing clutter and on organizing the home or office. Part II, Bring in the Beautiful to Create a Harmonious Environment and Self, includes a chapter on Earth-based spirituality and a fascinating look at the Four Elements (Earth, Fire, Air and Water) and the Medicine Wheel. The core of Hartie's philosophy blossoms in Chapter Seven, Applying Harmonious Adjustments™: Using Feng Shui and Other Techniques for Powerful Results. Unlike other Feng Shui authors, Hartie has experience as a designer and her skills are apparent in this chapter and the following two. She has combined principles of Feng Shui, the Four Elements, color, energy, Vastu, and good design principles that create a unique and eclectic approach to home decorating. Finally, Hartie provides guidance on how to manifest personal or professional desires. In Part III, Putting the Pieces Together, Hartie skillfully integrates the many subjects of the book into a unified and cohesive whole. At its cover price of \$19.95, Harmonious Environment is a value alone for the comprehensive green living product suppliers in the Resources section. What makes this book so truly ambitious, however, is what lies beneath the surface. In a sense, this book is only marginal

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