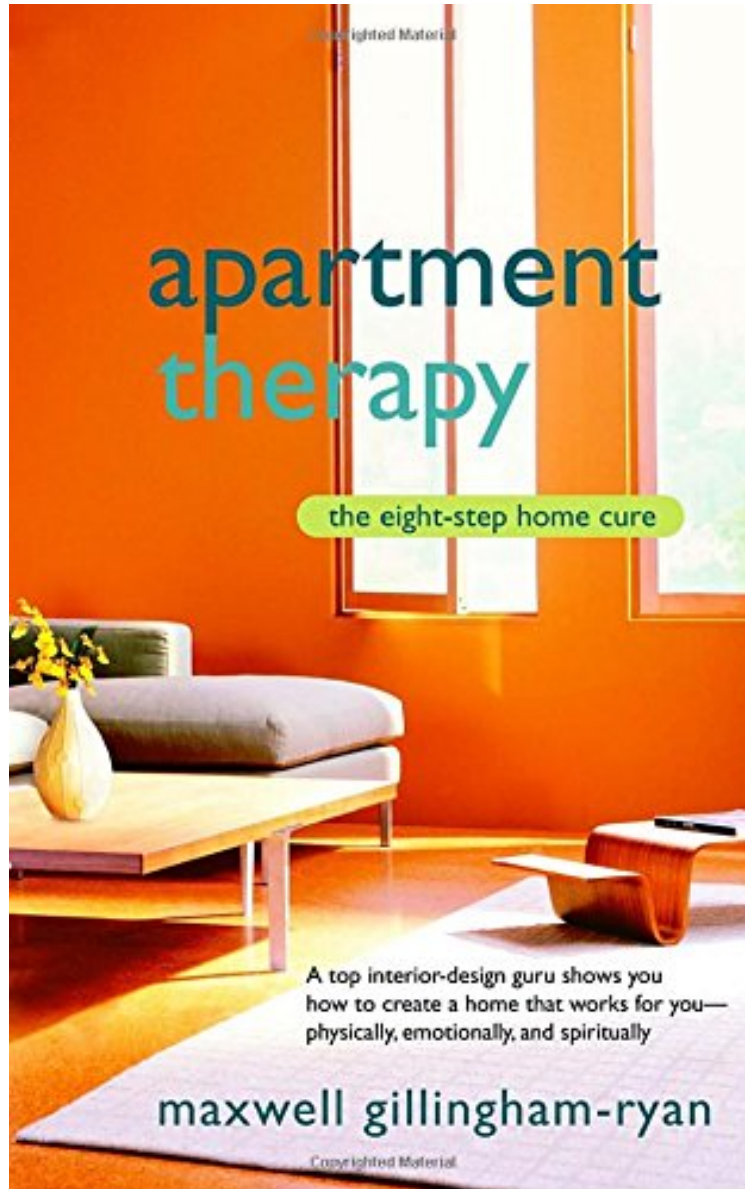


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## Apartment Therapy: The Eight-Step Home Cure

Maxwell Ryan

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**Maxwell Ryan : Apartment Therapy: The Eight-Step Home Cure** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Apartment Therapy: The Eight-Step Home Cure:

3 of 3 people found the following review helpful. One of the few books I've returned to. By E. Kerby I checked this book out from the library back in 2008 or 2009. At the time I was living in my first real apartment of my very own, and the book was extremely helpful. Like many people, I tend to have trouble letting things go, and I am also not very

good at organization or home design, so this book helped me a ton. I made my apartment a beautiful, wonderful place to live. Then I got married, and started a business, and had a baby. Now I find that my home has more problems than ever. It is literally making me sick and unproductive. (Literally sick, actually--we've been living at my in-laws' house lately!) I've started reading organization books, and one time suggested this book from something else I was looking at. Oh, yes, I remembered liking this book--I've continued a couple habits from when I read it the first time, and a couple of the concepts have stuck with me. So I ordered it in Kindle format (one less item to become clutter when I am done with it). MY, OH, MY! This is EXACTLY what I've been needing. Yes, it is perfect for us right now. I can hardly put it down. I'm about to start the 8 week deep treatment again. The more I read, the more everything is making sense to me. We knew this house had bad bones--it was built by a family with 11 kids, and they just kept adding on and adding on, without any regard for quality or code compliance--but I didn't realize how much the many little problems have been affecting us. Well, that is only one example, but our house is the picture-perfect example of one that stands to benefit tremendously from this book. It worked last time. I can see that healing our house is going to heal my husband and I. We're getting ready to move because of the problems with this house, but I know that this is going to make life much better as we prepare to move, and it will help me choose a better house as we eventually choose one. For example, today I realized that it would be better to have larger rooms that are more open, so that we can arrange things to flow better. It has been a nuisance to have a kitchen that is about 7 feet square...but reading this makes me realize we should prioritize having a large, good kitchen. I spend a ton of time in our kitchen, so I should have a kitchen that feels good to be in and serves the purposes that I need it to. So far I've thought "any kitchen will be better than ours--without drawers and cupboards, with such a small space," but I see now that I need to prioritize that. If you think this book may be for you, it absolutely is. Order it, read it, and do it. This is the kind of thing that they should teach kids in high school, or anyhow, I'll try to teach it to my daughter as she is growing up, because it really brings peace, clarity, comfort, and happiness.

2 of 2 people found the following review helpful. Excellent resource for someone moving to a new space or thinking of making changes to an old one. By Customer Apartment Therapy was a great resource for me when moving into my new apartment, and it's a book I go back to every time I want (or need) to move things around. It's an easy and brief read the first time through, although there's a lot to revisit over time. The author gives some very high-level ideas to consider, and I appreciate that he does really try to avoid using cliché new-age terminology to communicate these concepts. I found them all useful food for thought. But the most important and valuable take-away for me was the idea that you can have high standards for even small apartments, and that you can (and should) work to make your apartment a place you feel good returning to at the end of the day. That said, the real value of the book is its specificity. It gives very clear ideas about how to handle specific problems or problem areas, and refers you to other resources for help if the book itself can't cover your issue. And that was extremely useful for me. I must admit I didn't follow all the author's recommendations, and there are parts that are geared more toward home owners than apartment renters. But all-in-all, I couldn't recommend it more highly for any apartment dweller who wants to make their apartment feel more like a home.

2 of 2 people found the following review helpful. This book will help you. Great value! By J Powell Simply this is a good book, and a wonderful place to start the process of making one's living environment a more agreeable place. It's a book that takes the "big picture" into account. It tries to incorporate mental appeal and how room design can affect a person's attitude. It provides real world "tug of war" perspectives that allow you to de-clutter your mind, and subsequently your apartment. I didn't find the book "NYC Centric" at all. The title of the book is "APARTMENT therapy", not "HOME therapy", not "ROOM therapy", etc. It simply helps one realize a better flow and includes an 8 week action plan for achieving results. I would recommend giving this book to people starting out in a new place who are interested in self-improvement.

From not enough space and too many things to not knowing what color to paint the living room walls, many of us struggle with our homes. Now Maxwell Gillingham-Ryan, frequent makeover expert on HGTV's Mission: Organization and Small Spaces, Big Style, shares the do-it-yourself strategies that have enabled his clients and fans to transform their apartments into well-organized, beautiful places that suit their style and budget. Week by week, Apartment Therapy will guide you to treat common problems, eliminate clutter, and revamp even the tiniest space. Here is an eight-step process that includes: A therapeutic questionnaire to help you get in touch with your personal taste and diagnose your homes physical, emotional, and energy flow issues A prescription with recommendations for each room based on your needs and lifestyle including tips on how to use color, lighting, and accessories A treatment plan, including regular maintenance schedules to ensure the ongoing health of your space Illustrations of floor plans and decorative examples that allow you to visualize concepts before you begin With surprising ease and without elaborate professional help, Apartment Therapy will help you clear a path through disorder and indecision to reveal a home you'll love.

From Publishers Weekly New York-based interior designer Gillingham-Ryan is out to prove that even the dreariest, no-view walk-up can be transformed into a cozy urban oasis using his "eight-step home cure." The unflinchingly enthusiastic author asks readers to "listen" to their apartments--appraising what he refers to as the bones, breath, heart

and head of the space-before determining ways to streamline. Despite the decorator's forays into psycho-babble, his advice proves practical as he teaches readers how to determine a makeover budget, de-clutter, liberate themselves from a lifetime of accumulated possessions and choose paint hues. Gillingham-Ryan's belief that the right lighting can "create warmth and visual movement" leads to more helpful advice on choosing the right fixtures, the different types of light and the virtues of high-end candles. No housing revival would be complete without a party, so Gillingham-Ryan shares the most festive recipes in his arsenal, including "Orange Pant's Deadly Simple Chocolate Mousse" and "Margaritas to Make Men and Women Giggle." While the author's ideas may not break new ground, his ebullient, can-do attitude will appeal to readers interested in, but intimidated by, an apartment overhaul. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "New York-based interior designer Gillingham-Ryan is out to prove that even the dreariest, no-view walk-up can be transformed into a cozy urban oasis using his "eight-step home cure.... Ebullient!"--Publishers Weekly

What a refreshing decorating book! Apartment Therapy is a must-read for creating your perfect nest. Fire your shrink and follow Maxwell's eight-step therapeutic cure!--Jonathan Adler, potter, designer, and author of My Prescription for Anti-Depressive Living

"Decorating a home is just plain stressful! Maxwell's book offers a way out; it's like hiring a pro (without the attitude or expense). He takes us by the hand and gently guides us through the entire process, from coming up with a plan to executing it without going broke. Whether you're just dipping in for a quick hit of inspiration, or committing to the whole eight week cure, your home -- and life -- will be better because of it."--Angela Matusik, Editor-in-Chief, Budget Living Magazine

"Maxwell Gillingham-Ryan's Apartment Therapy is refreshing in its point of view your house has to work for you from the inside out. Gillingham-Ryan encourages readers to really take a good look at where they are at home and how they can improve the quality of their lives.--Wendy Goodman, interior design editor, New York Magazine

About the Author "One part interior designer, one part life coach," Maxwell Gillingham-Ryan is the founder of Apartment Therapy, a unique interior design practice in the New York metropolitan area. In April 2004, Maxwell, with his brother Oliver, launched apartmenttherapy.com, now one of the most popular and influential design weblogs in the country. Maxwell is a regular commentator on the new House Garden Television show, Small Space, Big Style. Previously, Maxwell appeared on HGTV's Mission Organization. He has been interviewed in various publications including The New York Times, The New York Post, The New York Observer, and the Wall Street Journal. A former elementary school teacher, he holds a B.A. from Oberlin College, an M.A. from Columbia University, and a M. Ed. from Antioch. He lives in a 250-square foot apartment in New York's West Village with his wife, Sara-Kate, a food writer.