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# Apartment Therapy S Big Book Of Small Cool Spaces

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## Rental Style Artisan

Provides a review of social trends and their effect on architecture and design.

## The World Book Encyclopedia

Createspace Independent Publishing Platform

According to Maxwell, size constraints can actually unlock your design creativity and allow you to focus on what's essential. In this vibrant book, he shares forty small, cool spaces that will change your thinking forever. These apartments and houses demonstrate hundreds of inventive solutions for creating more space in your home, and for making it more comfortable. Leading us through entrances, living rooms, kitchens and dining rooms, bedrooms,

home offices, and kids' rooms, Apartment Therapy Big Book of Small, Cool Spaces is brimming with ingenious tips and ideas, such as: Shifting the sense of scale through contrasting colors; Adding airiness by using transparent collections; Utilizing the area under a loft bed for a kitchen and mini-bar; Tucking an office with chic vintage doors into an unused bedroom corner. In each dwelling Maxwell points out what makes the layout work and what adds style. Most of the "therapy" involves minor tweaks that can be accomplished on a limited budget, such as dividing a room with sheer curtains, turning a door into a desk, or disguising electrical boxes with art displays. An

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extensive resource guide, including Maxwell's favorite websites for buying desks, open storage solutions, and much more, will help you turn even the tiniest residence into a place you are always happy to come home to. -- from back cover.

The Ballad of Perilous Graves Apartment Therapy's Big Book of Small, Cool Spaces According to Maxwell, size constraints can actually unlock your design creativity and allow you to focus on what's essential. In this vibrant book, he shares forty small, cool spaces that will change your thinking forever. These apartments and houses demonstrate hundreds of inventive solutions for creating more space in your home, and for making it more comfortable. Leading us through entrances, living rooms, kitchens and dining rooms,

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place you are always happy to come home to. -- digital series Quick Fix saves you from back cover. Apartment Therapy's Big Book of Small, Cool Spaces

A celebration of the work of the late Academy Award-nominated author and screenwriter collects her writings on topics ranging from journalism and feminism to food and aging, in a volume complemented by her notorious Wellesley commencement address and her recent blogs about death.

*The Little Book of Living Small* Abrams

Provides a practical guide to interior decoration for small apartments, and offers tips on how to create efficient kitchens, appealing baths, adequate storage, and work and entertainment areas.

This Clumsy Living Rizzoli

Publications

The beloved actress and star of the

time and energy with her favorite mealtime hacks, tips to bring joy and balance to your kitchen, and 65 easy, delicious, and healthy recipes the entire family will love. "I love how Tia breaks down how to organize your pantry and kitchen." —GIADA DE LAURENTIIS

As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table.

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Presented in her trademark joyful, down-to-earth fashion, *The Quick Fix Kitchen* is the complete guide to home cooking, giving you “Quick Fixes” so you don’t have to sacrifice time and energy in the kitchen. Along with sixty-five easy, delicious recipes, you’ll find everything you need for organization and meal planning:

- Pantry organizational hacks
- Food shopping tips
- Grocery lists and food shopping tips
- Meal prep guidelines
- Meal plans

You’ll also get advice on building a well-balanced kitchen and a healthy life:

- Healthy food swaps and tips for food sensitivities
- Seasonal fruits and veggies list
- Whole foods for gut health and cutting down on inflammation
- Balancing wholesome and indulgent meals

And of course, tips on incorporating the kids:

- Age-friendly tasks
- Kids’ cooking tools
- Trying new foods

The recipes themselves are designed to deliver big flavors with minimum prep and cook time. They include sheet pan meals like Stuffed Pesto Chicken Breast, one-pot meals like Spinach Artichoke Pasta Bake, classics with a healthy twist like Creamy “Alfredo” Pasta, and creative, kid-friendly snacks like Banana “Sushi” Rolls and Mini Quesadilla Pizzas. With *The Quick*

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Fix Kitchen, feeding yourself and your family won't feel like a chore. Remodelista Dell Publishing Company

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of

new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide

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you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner. Apartment Therapy Complete and Happy Home Rodale Books

The basic text for Alcoholics Anonymous. Apartment Therapy's Big Book of Small, Cool Spaces Cool Springs Press

From the Web site that attracts more than 3 million unique visitors a month, this groundbreaking book features 40 homes decorated by real people. Over 400 photos show details of all sorts of abodes from a tiny rental in Brooklyn to a condo in San Diego to a ranch-style in Miami. Each home profile includes floor plans, detailed resource lists, and "how I did it" explanations from the renters and

owners who created fresh and entirely original interiors. Edited and written by Maxwell Gillingham-Ryan, Apartment Therapy founder and frequent makeover expert on HGTV, this bible of accessible design ideas is the ultimate home decor book for the DIY-savvy.

Studio Apartments Penguin

Based on the column of the same name that appeared in The Toast, Hey Ladies! is a laugh-out-loud read that follows a fictitious group of eight 20-and-30-something female friends for one year of holidays, summer house rentals, dates, brunches, breakups, and, of course, the planning of a disastrous wedding. This instantly relatable story is told entirely through emails, texts, DMs, and every other form of communication known to man.

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The women in the book are stand-ins for annoying friends that we all have. There ' s Nicole, who ' s always broke and tries to pay for things in Forever21 gift cards. There ' s Katie, the self-important budding journalist, who thinks a retweet and a byline are the same thing. And there ' s Jen, the DIY suburban bride-to-be. With a perfectly pitched sardonic tone, Hey Ladies! will have you cringing and laughing as you recognize your own friends, and even yourself.

Penguin UK

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 home ' s 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



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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.

Feeling Good Redhook

Parenting Tip #1: There's no one right way to be a parent. This entertaining parenting guide is the helpful, bite-size advice you need when you've just had a kid. From a list of what you need in a diaper bag to a loving reminder that sometimes you just need to take time for

yourself, these tips and tricks reassure parents that parenting is doable and that they're already doing a great job. Chock-full of all the timesavers and support that new parents need, and with fun illustrations to lighten the mood, this shower go-to gives first-time parents the gift of knowing that, yes, they can do this! Apartment Therapy Complete and Happy Home Simon and Schuster Embrace the not-so-small world of minis! From teeny burgers and minuscule handbags to furniture no larger than a quarter, this mind-blowing collection of squeal-worthy miniatures features more than 250 of the tiniest creations from all over the world. Kate Ünver, a lifelong collector of nearly 1,000 items, has curated unique and extraordinary miniatures on her Instagram account, @dailymini, since 2012. In The Book of

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Mini, she selects hundreds of pieces of artwork--many of which have never been seen before--and organizes them into sections on tiny food, diminutive wildlife, petite pottery, and more. Also included are interviews with collectors and artists exploring their methods, influences, and how they came to adore everything mini. Featuring hundreds of photographs, *The Book of Mini* is a must-have book for the tiny lover in your life.

#### Heartbreak Therapy Rodale

Jenni Kayne, the creator of the laid-back, luxe California lifestyle brand, shows us how to create spaces that encourage living well in comfort and style by featuring beautiful and inspiring interiors along with practical room-by-room tips. A known tastemaker and authority on style, Jenni Kayne spans the worlds of fashion, interiors, and entertaining. Inspired by

organic textures, thoughtful simplicity, and natural landscapes, Kayne embodies an earthy and effortless aesthetic—one that is intentional and where beauty and authenticity exist in every detail. In her second book Kayne turns to interior design, sharing her beautifully designed interiors as well as the homes of other creative women who embrace a similar natural design ethos. The book introduces the homes by location, spanning varied landscapes and design characteristics: houses by the ocean, desert-style spaces, mountain homes, and abodes in the city. Lovely photographs illustrate how the women live in these spaces, room by room, and include smaller styling vignettes showcasing collectibles and personal objects. Interviews discuss each woman's design philosophy and her ideas for living well at home. With a mix of visual

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inspiration and practical tips and resources, Kayne encourages us to express our individual style through decor, showing us how to create beautiful interiors that help us to live joyfully and mindfully, treating life ' s details with creativity and care.

The Big Book of ACT Metaphors  
Bantam

A Time 100 Must-Read Book of 2020 • A New York Times Book Review Editors' Choice • California Book Award Silver Medal in Nonfiction • Finalist for The New York Public Library Helen Bernstein Book Award for Excellence in Journalism • Named a top 30 must-read Book of 2020 by the New York Post • Named one of the 10 Best

Business Books of 2020 by Fortune • Named A Must-Read Book of 2020 by Apartment Therapy • Runner-Up General Nonfiction: San Francisco Book Festival • A Planetizen Top Urban Planning Book of 2020 • Shortlisted for the Goddard Riverside Stephan Russo Book Prize for Social Justice “ Tells the story of housing in all its complexity. ” —NPR Spacious and affordable homes used to be the hallmark of American prosperity. Today, however, punishing rents and the increasingly prohibitive cost of ownership have turned housing into the foremost symbol of inequality and an economy gone

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wrong. Nowhere is this more visible than in the San Francisco Bay Area, where fleets of private buses ferry software engineers past the tarp-and-plywood shanties of the homeless. The adage that California is a glimpse of the nation's future has become a cautionary tale. With propulsive storytelling and ground-level reporting, New York Times journalist Conor Dougherty chronicles America's housing crisis from its West Coast epicenter, peeling back the decades of history and economic forces that brought us here and taking readers inside the activist movements that have risen in tandem with housing costs.

Same, But a Little Bit Diff'rent Routledge  
What Do You Want to Do Before You Die? is an illustrated collection of your wildest dreams. Two hundred of the most moving, imaginative, unexpected, and inspiring things to do before you die are brought to life through handmade art curated by Ben, Dave, Duncan, and Jonnie—the founders of The Buried Life. These four regular guys are on a mission to complete a list of 100 things before they die, and for every item they accomplish, they help a total stranger do something on his or her own list. Why we wrote this book: We hope that the dreams and words filling these pages will ignite part of you and halt you long enough to sincerely think about what is important to you. It's easy to think about what's important to others but rarely do we truly listen to our gut and our heart, and that is where a bucket list

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should grow. If nothing in the world were impossible, what would you do? Even if it is impossible, what do you want to do before you die?

#### The Silent Patient Collins Design

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, The Little Book of Living Small also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their

design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at Parents magazine. With more than fifteen years of experience, her work has appeared in major publications including Better Homes & Gardens, Country Living, Good Housekeeping, and on leading home websites including Remodelista.com, HGTV.com, ElleDecor.com, HouseBeautiful.com, Refinery29, and elsewhere. Through her writing she has explored the topic of living small for more

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than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

### The Book of Mini Celadon Books

The most comprehensive and complete home book from Apartment Therapy, featuring every aspect of design and decorating from floor plans to paint, specific rooms to style approaches, with the goal of setting up and living well in a place you love. “A complete and happy home is so much more than a series of pretty rooms. Between these two covers, we’ve captured everything we’ve learned at Apartment Therapy about decorating, organizing, cleaning, and repairs, so you can make and maintain your own fabulous home.” —from the Introduction

Getting a room to feel right is more instinct than science. You know a great space when you see it. Apartment Therapy trains your eye with more than 75 rooms, from bedrooms to kitchens and living rooms to kids’ rooms and workspaces. Explore every detail—lighting, color palettes, flooring, and accessories—that brings a home to life and, most important, makes you happy in it.

### The Slightly Greener Method Potter Style

Remodelista.com is the go-to, undisputed authority for home design enthusiasts, remodelers, architects, and designers. Unlike sites that cater to all tastes, Remodelista has a singular and

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clearly defined aesthetic: classic pieces trump designs that are trendy and transient, and well-edited spaces take precedence over cluttered environments. High and low mix seamlessly here, and getting the look need not be expensive (think Design Within Reach meets Ikea). Remodelista decodes the secrets to achieving this aesthetic, with in-depth tours and lessons from 12 enviable homes; a recipe-like breakdown of the hardest-working kitchens and baths; dozens of do-it-yourself projects; “The Remodelista 100,” guide to the best everyday household objects; and an in-depth

look at the ins and outs of the remodeling process. In a world of design confusion, Remodelista takes the guesswork out of the process. Apartment Therapy Presents Andrews McMeel Publishing  
Whether you inhabit a studio or a sprawling house with one challenging space, Maxwell Gillingham-Ryan, co-founder of the most popular interior design website, Apartment Therapy, will help you transform tiny into totally fabulous. According to Maxwell, size constraints can actually unlock your design creativity and allow you to focus on what’s essential. In this vibrant book, he shares forty small, cool spaces that will change your thinking forever. These apartments and houses demonstrate hundreds of inventive solutions for

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creating more space in your home, and for making it more comfortable. Leading us through entrances, living rooms, kitchens and dining rooms, bedrooms, home offices, and kids' rooms, Apartment Therapy's Big Book of Small, Cool Spaces is brimming with ingenious tips and ideas, such as:

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The House of God Chronicle Books  
GMA BUZZ PICK • Passion and risk, fathers and daughters, wives and single women, jazz and soul: a "gorgeously written debut" (Celeste Ng, best-selling author of Little Fires Everywhere) about the perennial temptations of dangerous love, told by the women who love Circus Palmer—trumpet player and old-school ladies' man—as they ultimately discover the power of their own voices. "A modern masterpiece."

—Jason Reynolds, best-selling author of



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Look Both Ways It ' s 2013, and Circus Palmer, a forty-year-old Boston-based trumpet player and old-school ladies ' man, lives for his music and refuses to be tied down. Before a gig in Miami, he learns that the woman who is secretly closest to his heart, the free-spirited drummer Maggie, is pregnant by him. Instead of facing the necessary conversation, Circus flees, setting off a chain of interlocking revelations from the various women in his life. Most notable among them is his teenage daughter, Koko, who idolizes him and is awakening to her own sexuality even as her mentally fragile mother struggles to overcome her long-failed marriage and rejection by Circus. Delivering a lush orchestration of diverse female voices, Warrell spins a provocative, soulful, and gripping story of passion and risk, fathers and daughters, wives and single women, and, finally, hope and reconciliation, in answer to the age-old question: how do we find belonging when love is unrequited?