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Forward

From skeptic to Feng Shui fan

Why I couldn't afford to ignore Feng Shui

I was first introduced to Feng Shui back in 1996 when it was a hot topic. A flood of articles appeared in newspapers & magazines and it was debated at length on television talk shows and the radio.

I thought the idea was ludicrous. How could rearranging your furniture change your life? So, I was not overly impressed when my mother decided to book me a Feng Shui consultation. I conceded on the basis that she pay for the consultation. That was how dead set against it I was!

Little did I know that I was about to embark on a journey that challenged my beliefs and set me on a path of personal awareness. It taught me to step back from the fast-paced modern world, look at my health and lifestyle and develop a sense of inner calm.

The external changes soon followed. I went from working in a stressful family business 24/7 in the UK to living in the South of France where I wrote this e-book! I'm now living in the UK again with my partner and beautiful daughter where I consult and write about Feng Shui.

Creating a home that serves as a retreat and reflects what I truly need has now become an integral part of my life. I see the home as a way of me living the life I want – physically, mentally and spiritually.

And you can too! Working towards balance and harmony is the true essence of Feng Shui. It gives you a renewed sense of purpose and a sense of joy about who you are and where you are headed. In this sense 'Easy Feng Shui' is about transformation – I hope it inspires you to look at your home and your life in a whole new light!

And I can't wait to hear all about your experiences!

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