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Happy by Design teaches us how we can actively improve our health and wellbeing through the way we design and regard every room in the house. From the paint color that's been named the happiest to the science of getting a good night's sleep. Happy by Design offers bite-sized and affordable design ideas that are accessible to all—from a ...

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Happy by Design | Brain by Design

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Happy by Design

Presented through a series of easy-to-understand design tips and accompanied by beautiful diagrams and illustrations, Happy by Design is a fantastic resource for architects, designers and students, or for anybody who would like to better understand the relationship between buildings and happiness.

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Page layout design typically involves a lot of placement, rearranging and formatting of elements. Many designers approach this process organically, feeling their way to a pleasing end result. While this can lead to some excellent happy accidents, there is a risk that using a free-form methodology can result in a lack of visual balance on the page.

How to create balanced page layouts | Creative Bloq Rebecca West is a design psychology coach, interior designer, blogger, and speaker who helps people create home and work environments that actively support their goals and make it easier to be happy and successful.

Happy Starts at Home: Change your space, transform your ...

"Air pollution can significantly impact your health, and the indoor air is usually dirtier than the outdoor air," Jen Stark, founder of Happy DIY Home, tells Woman's Day.By adding air purifiers ...

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