

Happiness begins at home

Transform your life by making considered changes to your living environment and turning it into a personal haven of inspiration, creativity and comfort

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Clever use of space in this sitting room, with belongings neatly stored under seating, makes it a welcoming area in which to relax



Simple touches, such as hanging a favourite item like this guitar on the wall, will set your home apart from the rest and make it personal to you

'Friendly' colours, tactile textiles and warm, inviting lighting create a living room in which guests will want to linger



Home is where one starts from' – TS Eliot. We spend so much of our time here. It's a space to be with loved ones, welcome friends and retreat after a hard day's work. But what does it take to make home a happy place? In her book, *Happy Starts At Home*, design expert Rebecca West explains how where we live can directly affect our wellbeing, sleep and relationships, and ultimately decrease stress levels to increase all-round happiness.

It's not about buying more or relocating but working with what you've got to express your individuality and feel at your best.

'Happy Starts At Home: Change Your Space, Transform Your Life' by Rebecca West (CICO Books, £9.99)



This kitchen corner provides a pleasant and calming space to enjoy a meal without distraction



Chest of drawers, £379,
wooden-furniture-store.co.uk

Green enamel pendant light, £69.99,
dowsingand reynolds.com



Orange scatter cushion, £50,
sofa.com



Green velvet cushion, £26,
cultfurniture.com



Arched floor lamp, £175,
johnlewis.com



Emma Bridgewater mugs, £19.95 each,
daisypark.co.uk



Cake stand, £31.99,
wayfair.co.uk



Three-tiered cake stand, £39.95,
kitchencraft.co.uk



Rattan papasan chair, £250,
coxandcox.co.uk



Magazine rack, £20,
blockdesign.co.uk



Create your peaceful place

Making a happier home is not about expensive refurbishment, it's about considering your 'why'. What's your goal? What are your core values and what changes do you want to make that will serve your life? For example, is it an expensive new kitchen that will bring you more joy, or creating a space that allows you to sit down as a family at mealtimes and talk? Seeing your home with new eyes will allow you to get creative, highlight special pieces and make the most of what you have. Start here and the rest will follow...



Leather armchair, £895,
habitat.co.uk



Red faux leather armchair, £151.99,
wayfair.co.uk



Vintage sideboard, £865,
maisondu-monde.com



Daffodils in pot, £19, flowers.next.co.uk;
artificial succulents in terracotta pot, £14.99, homescapsonline.com



Elephant figurine, £14.99,
wayfair.co.uk



Basket, £80,
gardentrading.com



Reader offer

Psychologies readers can buy a copy of *Happy Starts At Home* by Rebecca West for the special price of £6 (RRP £9.99). P&p charges may apply. To order, go to rylandpeters.com and use the code 'HAPPYHOME' at the checkout. Offer valid until 30 May 2020.