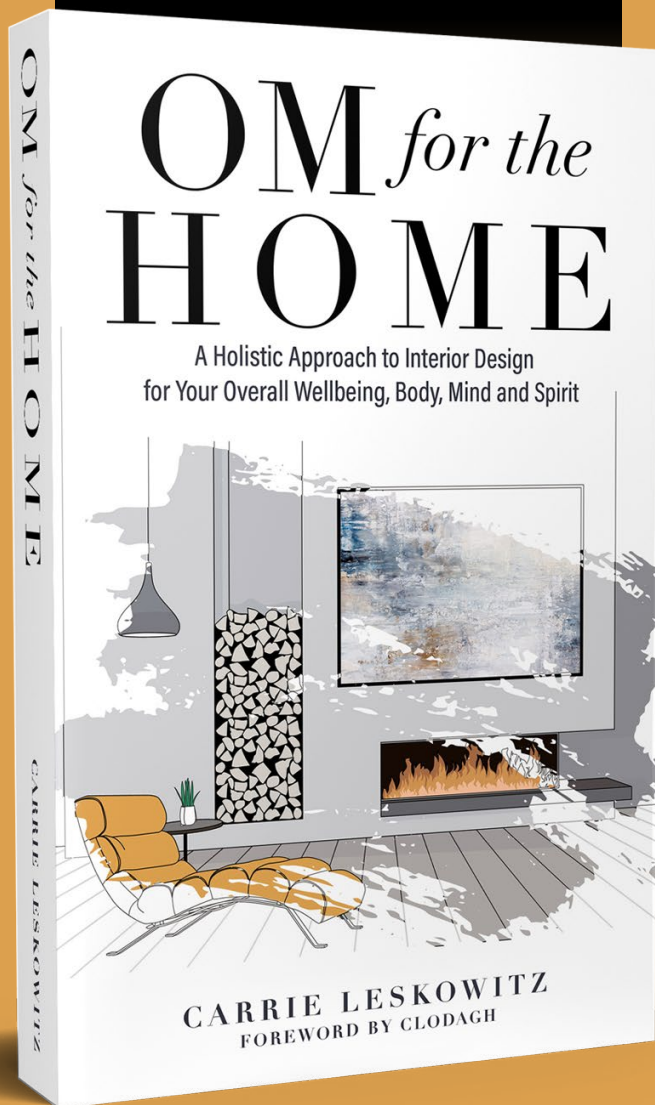


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When home and heart align, the door to transformation opens wide. *Get OM for the hOMe* now and design a life you love from within the beautiful place you call home.

TITLE

OM *for the* HOME

A HOLISTIC APPROACH TO INTERIOR
DESIGN FOR YOUR OVERALL WELLBEING,
BODY, MIND AND SPIRIT

AUTHOR

CARRIE LESKOWITZ

👉 Website: carrieleskowitzinteriors.com

🌐 LinkedIn: @Carrie Leskowitz

📘 Facebook: @CarrieLeskowitzInteriors

🐦 Twitter: @cleskowitz

📌 Pinterest: @cleskowitz

📷 Instagram: @carrieleskowitz

MEDIA CONTACT

Carrie Leskowitz

215-718-0003

carrie@carrieleskowitzinteriors.com

TOPICS COVERED INCLUDE



INTERIOR
DESIGN



WELLNESS



HOME
IMPROVEMENT



SELF-
TRANSFORMATION

about the BOOK

TITLE: OM for the hOMe: A Holistic Approach to Interior Design for Your Overall Wellbeing, Body, Mind and Spirit

PUBLISHER: High Star Publishing

ISBN-13: Paperback: 978-0-578-89393-8,
eBook: 978-0-578-90728-4

FORMAT: Paperback, eBook

PRICE: Paperback: \$21.95, eBook: \$9.99

PAGES: 260

PUBLICATION DATE: September 8, 2021



Your home is a more than an address—it's a reflection of your soul. Your living space mirrors your inner space, telling the story of your life through your physical home.

Function and feeling go hand in hand. The sacred place you call home supports the foundation for your inner balance and an empowering, fulfilling life. When limiting beliefs, negativity, and stress surround you, it's time to dive deep into who you are to build an environment where you are at home within yourself.

In OM for the hOMe, interior designer and life coach Carrie Leskowitz shares her holistic approach to intentionally curating an environment where you'll thrive physically, emotionally, and spiritually. Full of design philosophy, creative lifestyle tips, and introspective activities, this is your complete guide to decorating a space with your authentic self in mind so you can achieve Zen, inside and out.

You'll discover:

- How your house influences and reinforces your self-worth, aspirations, and joy.
- C-O-R-E pillars of wellness to explore your identity, values, and the home you need.
- Why energy in a room may be “off”—and how to invite a positive flow using natural remedies.
- The physical and mental clutter limiting you from manifesting abundance.
- Furniture, lighting, and coloring ideas for your unique style to promote health and happiness.

When home and heart align, the door to transformation opens wide. Get OM for the hOMe now and design a life you love from within the beautiful place you call home.

AVAILABLE FROM



about the AUTHOR

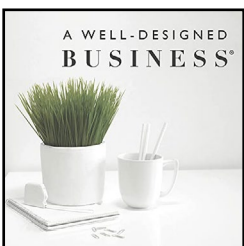
Carrie Leskowitz is a certified life coach and award-winning interior designer with over 20 years of experience transforming both spaces and lives. As founder of Carrie Leskowitz Interiors, she helps clients nurture the holistic connection between their homes and their physical, emotional, and spiritual health through self-exploration and reinvention. Her beautifully curated homes focus on the mind-body connection to promote overall wellbeing and an abundant life.



Carrie and her unique approach to design have been featured in Traditional Home, the Philadelphia Inquirer, Mainline Times, A Well-Designed Business podcast, the book Showhouses 2 by Schiffer Publishing, and more. She was a contributing writer for Philly.com and Designhounds named her a Top 100 blog influencer several years in a row. Carrie participated in the prestigious High Point Market Design Bloggers Tour, which she covered on the Carrie's Design Musings blog, as well as traveling with the trade to cover events nationwide.

Before her design business, Carrie worked as a fashion show coordinator, producer, and stylist for print and video work, which continues to inspire her to design with a dash of drama. A Philadelphia native, she splits her time between her hometown and Boca Raton, Florida. Learn more at www.carrieleskowitzinteriors.com.

AUTHOR HAS BEEN FEATURED IN...



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sample TOPICS

Talk to Carrie Leskowitz about interior design, inner balance, and empowerment through your environment.



- Invite Greater Peace and Tranquility to Your Life Through Holistic Home Design
- Connect Your Mind, Body, and Spirit to Your Space with the CORE Pillars of Wellness
- Align Heart and Home: Tips to Identify and Incorporate Your Unique Design Style
- What Story Does Your Home Tell? See Your Space Through New Eyes with a Refresh Walkthrough
- Good Vibes: Balance Your Home's Energetic Flow with Natural Remedies
- Lessen Your Home's Toxic Load and Improve Your Health with Sustainable Design Options

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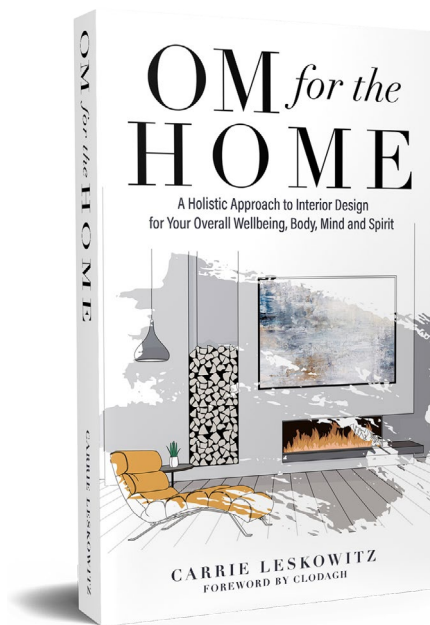
book EXCERPT

Chapter 1: Om Sweet hOMe

Your home is within you and outside of you. Whether we are talking about the human body or your living space, they are both vessels for your soul. Your home is so much more than an address. Home is experiential. It should capture your attention, integrate all your senses and allow you to explore what's possible. It should be your sacred, safe space to land; it is your spiritual compass, pointing the direction to your north star. There is great power in making your home into a hOMe.

Think of your home as a giant living vision board, helping you aspire to and manifest goals. It is a foundation for your identity, telling all who enter how you see yourself and what you value. Your home is an anchor in the storm, safely keeping you moored to who you are in a way that nothing else can. You want to intentionally create environments that help you thrive physically, emotionally, and spiritually because there is a deep synergy between our inner state and our outer state. Consciously creating a home that supports you in mind, body, and spirit—and that mirrors your authenticity—is an act of self-care of the highest order. Your home is a state of mind as well as a self-portrait. Others look at your home and make assumptions based on the picture you paint.

When I talk about om for the home,



I am talking about it in terms of energy, an energy whose balance requires that you need to be very mindful and thoughtful in your effort to feel your best in your hOMe. For me, that starts with a stillness that isn't always easy to achieve.

In yoga class one day, I found it very hard to sit still and quiet my mind, especially in what I consider the uncomfortable lotus position. I focused on simple in and out breathing as thoughts would come and go. I tried to let go of resistance, observing whatever discomfort might come up physically or emotionally, all the while thinking, Oh, sweet Shavasana, you cannot come soon enough!

I reminded myself that they call yoga "a practice" for a reason and that it is helping me to connect my

mind, body, and spirit. I engage everything I have in order to alter the energy I exude, quiet my mind, center my being, raise my vibration, and let go of what I cannot control. Yoga's benefits are near limitless. I wanted more of that! My practice is a work in progress. I am a work in process.

And so is the physical space we live in.

We breathe, we grow, we dream, we love, we suffer, we rejoice within the walls of our dwelling. Those walls better be pretty stable to support the "heavy lifting" necessary to make us feel safe, sound, and seen. To be mindful of the importance of home from a philosophical standpoint is to be aware that your inner self and outer self are intertwined—that everything is intertwined. You need to pay attention to what makes you feel most at home. Whatever makes you feel grounded, secure, at peace: go there. When you step over the threshold, you want—always—to find yourself in that place you consider home. When you lose your way, home reminds you of where you've been and where you're going.

My Home Lacks a Strong Identity

My client Kathy and I created a vacation home together. All that Kathy aspired to be was a good mother. She knew even as a young girl that she wanted a husband, children, a home. That would be her life's work. I've known women

book EXCERPT *(continued)*

like this my whole life. They are 100 percent invested in the family, and that's great—until it isn't.

Kathy's vacation home was a place by the beach where she and her family could escape the city. The goal was to create "a home away from home" that hopefully her extended family and, eventually, her grandchildren would enjoy for years to come.

She was very clear about the look she was going for: very neutral, extremely neutral, unapologetically neutral. I love a neutral environment as much as the next person, as long as it incorporates a lot of texture. This is because, when designing a monochromatic space, the interest needs to come from that texture—otherwise, you're faced with one big, beige space lacking in anything that gives it character. Kathy was on board.

The foundational furnishings (sofas, beds, custom ottoman, custom carpets, tables, and chairs) were all in shades of beige and taupe. We created interest through the weave of the fabrics; the coarseness of the natural fiber rugs; the hand of the organic, natural textiles; the slub of the silk; the fuzzy wool pillows and a chunky knit throw. Excellent. It was shaping up and looking beautiful.

Once the foundation was complete it was time for the icing on the cake: the art and accessories. This is always the fun stuff. This is where you put your stamp on the design.

This is where you say who you are. As your home tells the story of you, I wondered—what story we should tell of Kathy?

"Do you want to create a quintessential beach vibe?" I asked. "There's a beautiful flowering tree outside the window—let's bring the outside in with shades of pinks and greens perhaps. Or maybe warm tones inspired by the sunshine—orange and ochre make sense."

I brought in so many lovely things, color combination after color combination. But Kathy was paralyzed, unable to make a decision. Nothing seemed to appeal to her. She said she was afraid of making a mistake. She was stuck.

Because I had gotten to know her, as I do all my design clients, I knew full well what was stopping Kathy in her tracks. Her youngest child was set to leave for college and this had sent her into a tailspin. Empty-nest syndrome is real and it can be terrifying. Kathy's fear kept her from moving forward and it manifested in the decor of her home. How could she tell the story of "Kathy" if she didn't know what her story was? Who was she authentically? She had only identified as a child, then a wife, then a mother. This new transition was, in a word, traumatic. Who would she be? What was to be her role moving forward—her new normal?

Because it was important for her to "get it right," her fear of making

a mistake was commendable—she was astute enough to know what she didn't know. The correlation between accessorizing the family home and the loss of identity within Kathy was remarkable. However, I thought of it as an opportunity for her to learn something about herself. Start bringing a few things in slowly, live with them a bit and assess along the way. After all, every discovery process involves trial and error. When you have to do hard things, you must begin before you are ready—because (often times) you may never be ready.

Your home is a reflection of your soul, telling others who you are, what you value, where you've been and where you're going. In order to accomplish this, you need to have a clear picture of those things. In this way, examining your home environment is an amazing opportunity for self-exploration and reinvention. A foundation, minimally finished, without framing, is just raw space; however, it also provides an opportunity to "build-out" or "reframe" your identity if need be. It allows you to get in touch with your authentic self, your likes, dislikes, passions, gifts, and sense of curiosity. And, yes, your shadow side too. All must be considered and accepted to feel truly whole. You will not find your authentic self in the skills you have acquired to please other people, or even in those skills that you have become really adept at if they do not speak to a higher passion and sense of purpose.