



Home Enlightenment: Practical, Earth-Friendly Advice for Creating a Nurturing, Healthy, and Toxin-Free Home and Lifestyle

Annie B. Bond

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An informative, practical, and inspirational guide, *Home Enlightenment* examines the environmental impact of the choices we make each day and addresses how common, everyday chemical exposures have a subtle but profound impact on our well-being and quality of life. You'll learn how to detoxify your home one product at a time, choose environmentally friendly furnishings over products that off-gas, and establish day-to-day practices that bring healing and natural spirituality to your body and soul. Once you start to develop a natural and nontoxic lifestyle, you can transform your home into a sanctuary of health, comfort, and rejuvenation.

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