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WHAT COLOR IS YOUR SLIPCOVER?

How Discovering Your Design Personality
Can Help You Create the Home of Your Dreams

By Denny Daikeler

Foreword by Kate White, editor, *Cosmopolitan*

The environment in a home affects our lives at every level—the emotional, physical, spiritual, functional, romantic, and more. Yet we often base our designs on pictures in magazines, a professional designer’s visually pleasing—but impersonal—vision, or some notion of what others will like. In **WHAT COLOR IS YOUR SLIPCOVER? (Rodale/October 2004)**, Denny Daikeler proves that we must not design from trends or for other people’s approval or taste. Rather, we must design from our own feelings, from our own memories of the past and dreams for the future, from our own needs and wants.

WHAT COLOR IS YOUR SLIPCOVER? contains all of the tools and inspiration you will need to find your own personal “design personality”. This design personality will incorporate a lifetime’s worth of accumulated visuals, joys, laughter, observations, and values into a home that will sustain and support you, your relationships, your growth, and your well-being. You will be able to enter a world of design that begins with *you*, not with your space.

Daikeler provides revealing exercises to help generate a dialogue between your everyday self and your inner feelings, your conscious mind and your subconscious mind. You will find what kind of home design will successfully support your day-to-day activities while making you feel happy, comfortable, and safe. Learn how internal feelings can be represented and supported in the external world and find your inner blueprint by:

- **Choosing one beloved object** to represent what is of greatest value to you and to assist you in choosing shapes, textures, colors, details, styles, materials, focus, and types of patterns
- **Creating your own fantasy day** to further understand who you are, what you need, and even how to start making it all happen
- **Making a happiness list** to identify favorite activities that must fit into your design plan
- **Compiling a picture journal** to reveal the looks, objects, colors, shapes, and feelings that reflect your personal style
- **Clearing the clutter** to make your home ready to receive all the beauty and high function that you’ve uncovered

WHAT COLOR IS YOUR SLIPCOVER? is filled with inspiring stories of students and clients who have used Daikeler’s system to move beyond grief, change, illness, divorce, chaos, and depression—as well as simply to create wonderful homes. She also offers guidance for resolving the design and compatibility issues that can arise with two or more people living under the same roof. Rounded out with expert advice about the

principles of design and a step-by-step guide to great design, **WHAT COLOR IS YOUR SLIPCOVER?** will help you create a home that is pleasing to the eye—and to the heart and soul.

This process is for everyone—for the do-it-yourselfers who wish to design their own living spaces, for people who love a new perspective and a new way to expand and grow, for designers who wish to include this step with their clients, and for clients who wish to work with designers and end up with meaningful space that brings inspiration and beauty to their lives.

About the Author

In a career that has spanned over 30 years, Denny Daikeler has redefined Interior Design. She is an innovative Interior Designer, Interfaith Minister and Speaker who incorporates environmental psychology and spirituality into her work with clients, her writing, and her presentations. Realizing that the home is a powerful tool that supports life goals, challenges, and lifestyles, Denny advocates that the Interior Design field must address ways of partnering with the client on a personal and investigative level. She has created an entire process of self-discovery that revolves around the client's Inner Blueprint and Beloved Object. Once a designer or client discovers what colors, shapes, and organization style resonates for them, they can translate that into a design for the home that consciously addresses the depth of their whole life. Homes then become environments of beauty, healing and empowerment. Viewed as an expert in her field, Denny is frequently interviewed for national publications such as *Cosmopolitan*, *Country Living*, *The Wall Street Journal* and has made guest appearances on HGTV and the Discovery Channel. Denny travels nationally speaking, writing and conducting seminars on these issues of design along with her counseling business. She makes her home in North Wales, PA.

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