

paradigm shift

two new books encourage looking at your home with fresh perspective



Change Your Home, Change Your Life™ With Color: What's Your Color Story?
by Moll Anderson, Post Hill Press, hardcover, \$35

Ten years following the release of *Change Your Home, Change Your Life™*, Moll Anderson—self-help expert, designer, life stylist, and philanthropist—recently published a sequel of sorts to that first book. *Change Your Home, Change Your Life™ With Color: What's Your Color Story?* is Anderson grown up, self-realized, deliriously happy, and doing exactly what she wants to be doing, right now.

“This ended up being the book that I’d always wanted to write, that I didn’t know I was supposed to write,” says Anderson, who, as an adult coming to terms with years of childhood abuse, reached an epiphany regarding color—specifically, that she had fallen out of love with it as a child, “cocooning” herself in black for many years as a means of self-protection. She began to piece together her own “color story” a few years ago, after finally facing her childhood demons and discovering happiness in love and marriage. With an open heart, Anderson was able to fall back into love—with color.

116 SU CASA SPRING 2017

The interior designer and author had longed to marry her interior design expertise with self-help; with this book, she has achieved that dream.

“Color is a powerful influencer,” says the author, “and the way we feel when we see a color we dislike can affect us physically.” Likewise, she says, colors we’re drawn to can energize and elate. And there’s no overstating it: This book is a riot of color—including 13 chapters focusing on specific colors (black, white, and metals are in there, too) to help inspire real emotions in those looking for a shift in the enjoyment of their homes.

Each chapter includes a color lesson and a color story, with eye-popping photos depicting each color—flowers, furnishings, pillows, food, shoes, even cocktails. A page of what Anderson calls “Insta-Inspiration” accompanies each chapter as well—a photo that inspired the author because of its colors. Swatches of every color from the photo are then laid out individually beneath. Ever wondered what the difference is between a “hue” and a “tint?” A quick tutorial on color language will soon have you thinking confidently outside the Crayola box.

Anderson challenges, “If you knew you



Nathan Schroder Photography



Moll Anderson found turquoise “Insta-Inspiration” in a photo of a peacock’s feathers (below), a textural oil painting (opposite), and the crystal clear waters of a tropical beach (above). Translating the color to the home, bold pillows and ottomans add pop to a sitting area (opposite, far left).



could change your life in one weekend and clear out the cobwebs of your past with color and a brush, would you do it?” Discovering your own color story, she says, is more than DIY; it’s an emotional shift, and this book is a prescription a long time in coming.—Amy Gross

Read our Q+A with author, designer, and life stylist Moll Anderson on page 26.

