



*From the inside...*

*"Every single component of my home contributes to my happiness and comfort," says Michelle Ogundehin reflecting on her new book Happy Inside. "From what I see as soon as I step over my threshold to the weight of my cutlery, the squish of my cushions to the feel of my sheets when I go to bed at night." Michelle believes to achieve true happiness you don't need a huge budget, but that we need to start with everything that surrounds us and make important decisions on how we curate our own environment, making choices that promote joy*

*Q&A...*

## Michelle Ogundehin

Interiors journalist and expert Michelle Ogundehin's new book delves into how you can truly find happiness in your own space

**What initially sparked your inspiration to write this book?**

*I wrote Happy Inside because I want to change the way we think about homemaking and because I firmly believe that if you want positive personal change of any sort, you must first address your environment. I also wanted to completely debunk any ideas of homemaking as only being the preserve of ladies-who-lunch or dashing interior 'designers'. Happy Inside empowers everyone to be their own interior designer, based on the understanding that creating a carefully considered home to support your wellbeing can be your single greatest super-power in today's busy world.*

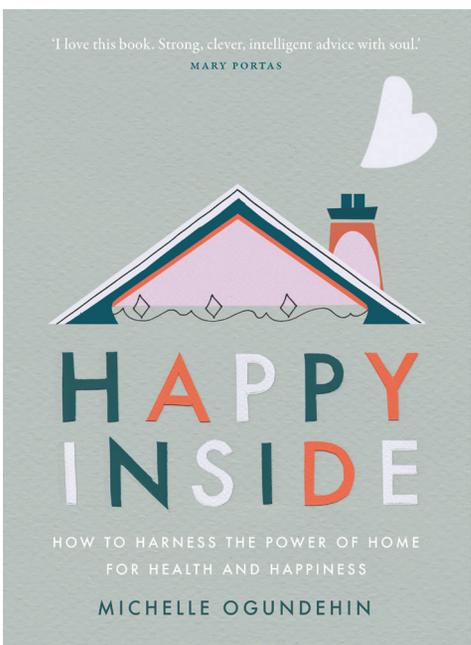
*And it is my sincere opinion that taking charge of the space in which you live is a very good place to start. Thus, the purpose of our homes is also to proactively aid and enable you to be happy inside. Every single colour, finish, fabric and wallcovering chosen, alongside the products you use to clean your body and home, the food you eat and the way in which your home enables relaxed downtime. We are sensory beings, and yet many people's concern is only for what their home looks like, as opposed to how it makes them feel.*

**How do you believe wellness and interior design work together?**

*To my mind, the purpose of our journey through life is to learn to become happy inside. In other words, to achieve a sense of balance and contentment, such that instead of reacting in times of stress, we are able to weather the inevitable curve balls with a more thoughtful outlook. After all, we can only ever gain mastery over ourselves as individuals, but the impact of that can be far-reaching.*

**You touch on aspects of Buddhist philosophy within the book. What do these teachings emphasise the most?**

*I have interpreted my understanding of certain Buddhist teachings in application to the home, as ultimately taking an attitude of respect towards your belongings and the space in which you house them. If you cannot be bothered to clean, polish, tend or otherwise cherish what you own, it's better to let it go. With room to breathe and room to think, we can begin to live a more meaningful life. I believe that the pursuit of happy home-making can become an empowering path to find yourself; and thus to become truly 'at home' with yourself.*



Happy Inside by Michelle Ogundehin. Published by Ebury, £18.99 hardback, eburypress.com