

Christa O'Leary Bio

We all deserve a calm, well-ordered, pleasingly designed refuge where we can relax and enjoy our families. Having had four children in a little more than five years while running a thriving design business, with the body of a fit runner who does yoga and meditates, Christa O'Leary has become the guardian at the gate of our sanctuaries—our homes. She teaches us to be aware of the toxins found in both our food and furnishings; the detrimental effects of our unhealthy habits; and society's frantic need to have the latest gadgets, to get ahead, and to be forever on the go. As a designer, therapist, and eco-friendly expert, she's often asked how she makes her hockey-mom life and peaceful, beautiful, healthy home look so effortless. Well, the hunt for her secret is over!

Christa shows us that it's possible for all of us to feel inspired, energized, and in love with our lives and our homes. Many books address the components found in *Home in Harmony*, including design, color, feng shui, psychology, clean eating, detoxification, meditation, and finding our soul's purpose. However, this is the first book that puts it all together in a fun-to-read, easy-to-implement format. This is *the formula for living an extraordinary life, and it's now available to everyone!*

Christa O'Leary, MA, MFT, founder and CEO of Home in Harmony Lifestyle, is an interior designer, marriage and family therapist, and green-living expert. She teaches people how to "Design Inspired Living" and has been featured on CBS, NBC, and Dr. Laura. She is a motivational speaker and guest on radio shows and podcasts around the globe. Her designs have been featured in national publications and by the acclaimed international fabric house Kravet; her work was also selected for two consecutive show houses in Connecticut. Christa gives people concrete solutions to living their optimal lives by creating inspired, healthy, and vibrant homes that nurture body, mind, and spirit.

Featured On:

CBS, NBC, NECN, WFSB, Dr. Laura, Tory Johnson, Forbes, Consumer Reports, Bed, Bath, & Beyond, Gal Time, eHarmony, ShopSmart, BeliefNet, SheKnows, Healthy South Shore, SelfGrowth, MomiVerse, ParentingPink, SheKnowsParenting, Lioness. Exploring Womanhood, Houzz, Hitched, Natural Awakenings (National), The Chicago Tribune, The Baltimore Sun, The Hartford Courant, and International Fabric House of Kravet, Blog Talk Radio.