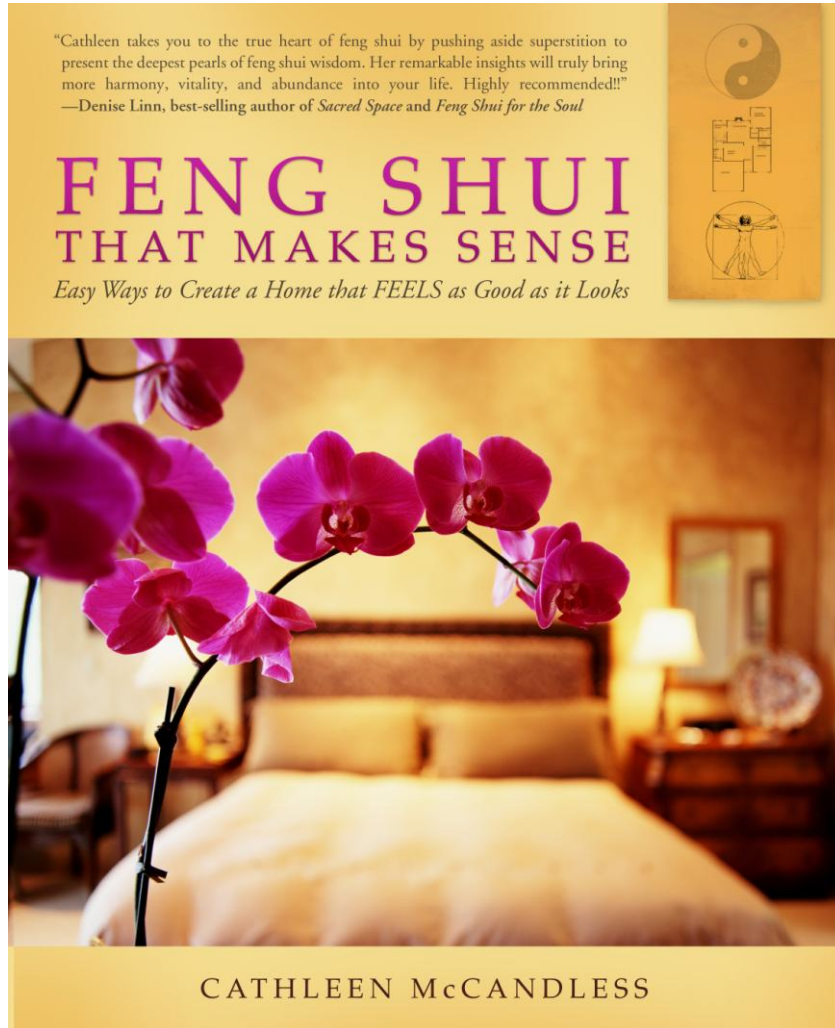


Media Information & Resources



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Two Harbors Press

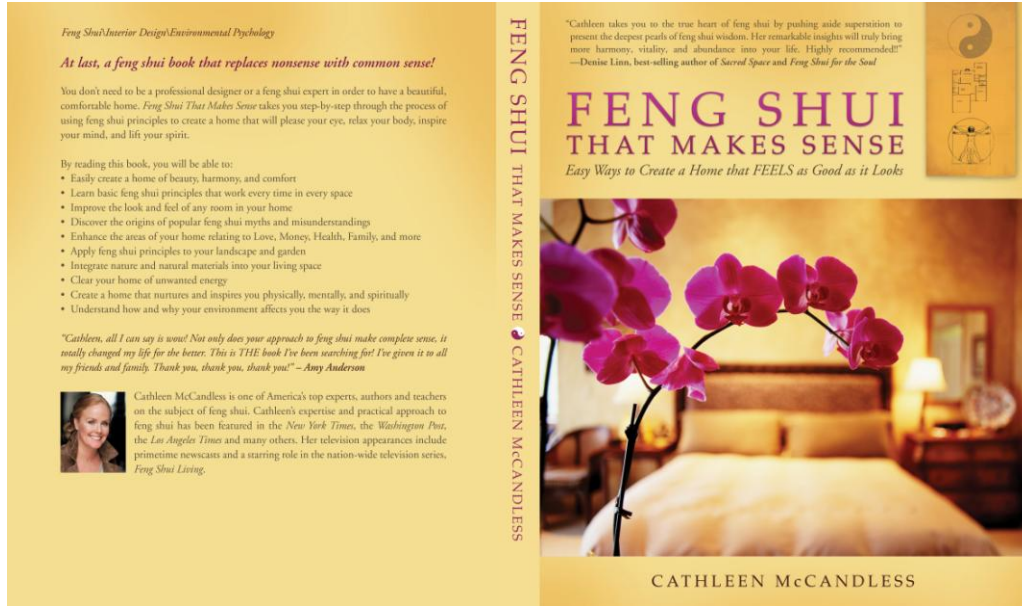


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Publishing Information



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[Itasca Books Distribution](#)

Also listed with [Baker and Taylor](#) and [Ingram](#) book distributors

Praise for *Feng Shui that Makes Sense*

Reviews from Authors

“Cathleen takes you to the true heart of feng shui by pushing aside superstition to present the deepest pearls of feng shui wisdom. Her remarkable insights will truly bring more harmony, vitality, and abundance into your life. Highly recommended!!”

–Denise Linn, author of *Sacred Space* and *Feng Shui for the Soul*

“This book is a MUST-BUY! I've read so many of these Feng Shui books, and this one stands far above the rest... This book is well written, easy to follow. I highly recommend it!

-Barbara Roberts, author of *Face Reading - How to Know Anyone at a Glance*

Reviews from Readers (found on Amazon.com)

This is the best book on Feng Shui I've ever read, and I have read many! It is clear, straight forward, dispels myths, and simply honest. Thank you, Cathleen! It is apparent that you have put your heart and soul into creating such an outstanding book. –Sara T.

“I love this book!! This book clears up all the spooky superstitions and myths associated with feng shui and gives you clear no nonsense reasons why they do certain things in feng shui. The reasons behind them make total sense. It's very interesting and fun to read... I love this book so much that I'm giving it away for birthday gifts to my friends.” –Lani T.

“The author has taken the complex subject of Feng Shui and created a completely practical and entertaining guide for bringing balance to our homes and lives. It is truly the most comprehensive and well written book on the subject for experts and novices alike!”-Scott A.

“I have always been interested in Feng Shui but could never sort out the superstition from the substance. Cathleen McCandless is a true expert and that comes through in her clear explanations and anecdotes that demonstrate the key principles of Feng Shui. The book is easy to read, entertaining and instructive. It's a great book for anyone interested in the topic, or for anyone who wants to improve their quality of life by quickly improving their surroundings!” –Rachel R.

“This book has shown me how to look at a home and not only make it pleasing to the eye, but how to make it "feel" just right. In the business of selling real estate, this is paramount! It has now become part of what I offer my clients before they even sell their home! Extremely easy to follow and full of inexpensive tips to create exactly the peace and calm you have been looking for! This will change the way you look at each and every room in your home and your business! I have read many Feng Shui books. This is by far the most comprehensive and practical book out there!” –Vicki P.

Many more reviews can be found on Amazon.com Click [HERE](#) to read more

Synopsis

Nothing new has come into the world of feng shui literature for a very long time...until now!

Most Feng Shui literature available today contains the same information in different packaging. The same information, the same superstitions, the same silly nonsense perpetuated unquestioningly over and over again. Readers are left with contradictory, conflicting and all too often, downright silly information that is difficult, if not impossible to understand, let alone to apply to their own surroundings.

Until *Feng Shui that Makes Sense*, no other book dared to offer the truth about some of the most commonly held misunderstandings in feng shui today. Sort of an “Emperor’s New Clothes” for the feng shui world, “Reality Checks” throughout the book expose many of the myths and misconceptions erroneously associated with feng shui, replacing them with practical, well-researched information that readers can easily understand and apply to their own homes.

Feng Shui that Makes Sense is written for feng shui novices and experts alike. It is a well-written, well-researched, and well-organized source of information for anyone wishing to learn more about feng shui and ways they can easily improve their living environments, and in turn, their lives.

Overview (Excerpted from Preface)

Easy Ways to Create a Home that FEELS as Good as it Looks!

Would you like to create a home that *looks* beautiful and *feels* inviting, comfortable and relaxing? Do you have an interest in feng shui but have become frustrated or discouraged by confusing, conflicting, and sometimes downright silly information and suggestions? Are you searching for an approach to feng shui that’s easy to understand, easy to implement, and easy on your budget? If you answered “yes” to any of these questions, this book was written for you!

In my twenty years as a feng shui consultant, people have often told me that they were interested in feng shui but had become turned off to the subject by the complicated, contradictory, and occasionally ridiculous concepts sometimes associated with it. This is unfortunate because, when applied properly, the system of feng shui can transform an ordinary space into an environment that relaxes our bodies, inspires our minds, and lifts our spirits.

Through experience, I’ve found that most of my clients and students are looking for a common-sense approach to feng shui—one that can be easily and inexpensively applied to their environments. This book provides just that. As much as possible, I will present the rationale behind

many feng shui suggestions and dispel several of the myths and misconceptions associated with this beautiful and often misunderstood system. I will then show you ways in which you can easily integrate these concepts into your home to create a nurturing, comfortable, and inspiring living space.

Feng shui concepts range from gracefully simple to dazzlingly complex. It would be impossible to cover all aspects of feng shui in one book. This book focuses on sharing practical, basic feng shui information that you can easily apply to your home.

Whether you rent or own your home, live in a small apartment or a sprawling mansion, have a large budget or are living on a shoestring, feng shui has something to offer you. In these pages, you will discover an abundance of ways to apply feng shui principles to your home, no matter what your current circumstances may be. In order to get the most out of this book, I recommend that you read the chapters in order.

Part I introduces the fundamentals of feng shui and explains how human instinct has influenced the foundation of feng shui principles.

Part II is the first step on your feng shui journey and begins outdoors. The way you experience the area surrounding your home greatly influences how you feel when you step inside. This section offers a wealth of practical ideas and feng shui decorating tips to create comfort and beauty within each area of your home.

Part III addresses the more energetic and esoteric aspects of feng shui. This information may not be easily understood from a practical or logical point of view, but it can help improve the energy in your home.

And finally, the appendix provides a website that can help you in finding many of the items mentioned in this book.

Feng shui can lead to fascinating self-discoveries, as you begin to understand the powerful influence of your surroundings. It is an honor to help you on this segment of your feng shui journey. I sincerely hope that, once you've read this book, implemented its suggestions, and experienced the benefits, you will not only have created a more optimal home environment but also a more optimal life.

Sample Interview Q & A

1. *What is feng shui?*

Feng Shui is simply the study of the environment and how it affects people. It is a system of environmental design that originated in ancient China about five thousand years ago. Feng Shui provided guidelines to help people maximize the benefits of their surroundings, while minimizing its detriments, both in the natural and built environment.

2. *What makes Feng Shui that Makes Sense different from all the other feng shui books out there?*

The main difference between Feng Shui that Makes Sense and all the other feng shui books available today is that my book exposes many of the commonly held myths and misconceptions people have about feng shui. These misconceptions have been perpetuated through literature and by countless feng shui “experts”. I felt strongly that it was time to put a stop to the nonsense and bring people back to the essence of what feng shui was originally designed to be, and that is a beautiful system of environmental design. Throughout the book I have added numerous “Reality Check” boxes that not only expose many of the myths, but also explain their origin, and when possible, their practical alternative.

3. *Can you give an example of one of the myths exposed in your book?*

There are so many, but one of the most commonly held myths in feng shui is that you need to paint your front door red in order to have good feng shui. This is complete nonsense, but like so many stories in feng shui, its origin is quite interesting.

Feng shui was developed about five thousand years ago in ancient China, long before electric heating, lighting, and air conditioning. Early feng shui guidelines suggested that ideally, people should build their homes facing south in order to maximize the light and heat of the sun throughout the day. Thus, a southern exposure became the most favorable direction for a home to face.

In China, and in feng shui, the symbol for the south is fire (the sun) and the color that symbolizes fire is red. Therefore, when one did not have a home facing south, a superstition began that by painting the front door red, they would symbolically receive the same benefits as a home with a southern exposure. This superstition has been passed on for generations, and is perpetuated to this day, though if you paint your front door red expecting something miraculous to happen, you will most likely be disappointed!

4. *What prompted you to write Feng Shui that Makes Sense?*

I wrote *Feng Shui that Makes Sense* out of a need my students and clients mentioned time and time again for a feng shui book that was easy-to-read, easy-to-use, and most of all, that *made sense*. With all the positive feedback I’ve received from readers, I believe the book accomplishes that goal very well.

5. *What do you say to someone when they state, "I don't believe in Feng Shui?"*

I hear this all the time, and it doesn't bother me at all. It indicates that the person making the statement truly has no understanding of what feng shui is and what it isn't. Feng Shui isn't a religion, superstition or belief system. You can't choose to "believe" in feng shui or not. No matter where you are or what you are doing, you are experiencing the feng shui of that space. We all know the feeling of walking into a space and feeling comfortable and conversely, being in a space that made us feel uncomfortable. The way we *feel* in the space is dependent upon the feng shui of that space. Feng Shui goes way beyond how a space *looks*, and addresses specific things in the environment that influence the way the space *feels*. Feng Shui is simply how we experience our surroundings, for good or bad, better or worse.

6. *What are some of the benefits readers will receive from reading your book?*

One of the most important things I hope readers will walk away with after reading this book is a new understanding and appreciation for the system of feng shui. There are many, many "aha" moments in the book where readers will understand why they do what they do, and why they feel what they feel in specific environments.

Readers will also learn step-by-step practical ways to improve and enhance their homes from the landscaping and exterior, to details relating to the décor and arrangement of every room in their home. The last third of the book includes an aspect of feng shui that covers the more "energetic" components of feng shui that may not be readily understood from a practical standpoint, but that can greatly improve the overall energy and experience in one's home.

7. *What research did you do for your book?*

Years ago I worked as a research consultant for the Smithsonian Institution, UC Berkeley, and USC. I love to research and document information. For many years I researched the origins of feng shui and environmental psychology. That knowledge, combined with my two decades of experience as a feng shui consultant and teacher resulted in a book that is factual, meaningful, and most of all, practical.

8. *What kind of support do you offer readers once they have finished the book?*

I've created a web site with support materials, articles, newsletters, and items mentioned in the book that can be purchased. I also teach classes and courses on feng shui, everything from weekend workshops, to in-depth certification courses for those wishing to become a feng shui consultant or add feng shui to their current skill set. Readers can find out more by visiting www.FengShuiThatMakesSense.com

Sample of a “Reality Check” from *Feng Shui that Makes Sense*

“Reality Checks” are boxes of information found throughout the book that explain many of the myths and misconceptions too often associated with feng shui.

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Reality Check

Myth: *Open-beam ceilings bring bad luck.*

Are open-beam ceilings bad luck? I get asked this question a lot when I consult with clients. Often, they’ve read or heard that open-beam ceilings bring all sorts of negative experiences—from headaches and joint problems to divorce.

Open-Beam Ceilings in the Main Rooms

When ceiling beams are exposed in rooms where there’s a great deal of movement, for example in living rooms, family rooms, and kitchens, the beams can add charm and architectural interest. Open-beam ceilings in these rooms may not feel threatening because you’re not spending extended periods of time directly under them. However, sleeping under an open-beam ceiling can, for some people, feel threatening and impact restful sleep. Open-beam ceilings can activate survival instincts in that there’s something heavy looming overhead while you’re sleeping and vulnerable for hours at a time.


Once again, the “bad luck” associated with open-beam ceilings stems from common-sense advice, which has been replaced by superstition over time. In order to understand why open-beam ceilings were considered bad feng shui, we need to go back to the time and place where feng shui began. China is a land prone to seismic activity. When structures were built (by hand) in earthquake-prone China hundreds of years ago, it was sound advice to avoid sleeping or sitting for long periods under load-bearing beams. However, it’s important to note that open-beam ceilings are not inherently bad. In fact, almost all buildings require ceiling beams to hold up the roof. Therefore, it’s simply how you feel when sitting or sleeping in a room with open-beam ceilings that determines your experience. This is entirely subjective and differs from person to person. Some people like the feeling and ambience that beams provide, while others find them oppressive and threatening.

Remember, if it feels good, it’s good feng shui. If the exposed beams in your home don’t feel good to you, then read on for some solutions.

Sample “Quiz” from Feng Shui that Makes Sense

To make the exploration of feng shui principles more fun and personal, Feng Shui that Makes Sense includes quizzes and questionnaires. Here is a sample of one of them. (All material below is copyright protected but may be reproduced with the author’s written consent.)

Life Assessment Inventory



Today’s Date: _____

Rate each question with a number value using the following scale:

Very Dissatisfied 1 2 3 4 5 6 7 8 9 10 Very Satisfied

1. Do you feel respected by the people in your personal life? _____
2. Do you feel respected by the people in your professional life? _____
3. Are you satisfied with your romantic life? _____
4. If you have children, do you have a good relationship with them? _____
5. Do you have time and space for creative activities? _____
6. Are you able to travel as much as you would like? _____
7. Is your social life as active as you wish? _____
8. Do you have people you can count on when you need them? _____
9. Do you find your current occupation emotionally satisfying? _____
10. Do you feel that your life has meaning and purpose? _____
11. Do you take time to learn new things? _____
12. Do you nurture yourself spiritually as much as you would like? _____
13. Do you take time out for rest and relaxation? _____
14. How are your relationships with your childhood family members? _____

Continued on next page

15. If you've created a family of your own as an adult, would you say that it's a happy household? _____
16. How do you feel about your current financial situation? _____
17. Is your standard of living at a level that is satisfying to you? _____
18. Do you have a steady income? _____
19. Do you enjoy good health? _____
20. Does everyone living in your home enjoy good health? _____

Now, go back and circle all the numbers that have a value of five or lower. These numbers indicate which Life Aspiration Areas you need to energize the most. If several questions received a value of five or lower, choose the area with the lowest score and focus on that one first. Below, I've indicated which questions relate to each Life Aspiration Area to help you identify which area needs your attention first:

<u>Questions</u>	<u>Life Aspiration Area/Direction</u>
1, 2	Fame/South
3	Love & Partnership/Southwest
4, 5	Creation/West
6, 7, 8	Synchronicity/Northwest
9, 10	Career/North
11, 12, 13	Knowledge/Northeast
14, 15	Family/East
16, 17, 18	Wealth & Prosperity/Southeast
19, 20	Health/Center

About the Author



Cathleen McCandless is a highly respected, nationally known expert, author, teacher, and speaker on the subject of feng shui. With over twenty years experience, Cathleen's unique, no-nonsense and practical approach to feng shui has been featured in many esteemed publications including *the New York Times*, *the Washington Post*, *the San Diego Union Tribune*, *the Denver Post*, *the Houston Chronicle* and *the Los Angeles Times*. Named "The Best Feng Shui Expert in San Diego" by *San Diego Magazine*, Cathleen's radio and television appearances include everything from prime-time newscasts to a starring role in the nation-wide television series, *Feng Shui Living*.

Contact Information

Cathleen is available for all media (television, radio, and publication) interviews. Please contact us for more information:

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La Jolla, CA 92038-2664

Press & Publicity

TELEVISION



- Feng Shui Living (Television Series)
- View a clip from Cathleen's nation-wide television series "Feng Shui Living"
- KGTV Evening News
- KSWB-TV Evening News
- KZSW-TV News Segment
- San Diego Alive Segment

RADIO

- BizFit Radio
- Cathleen on "Just Energy" Radio talking about Feng Shui and Energy
- Beach Cities Radio

NEWSPAPERS

- [New York Times](#) (click to view article)
- Washington Post
- Los Angeles Times
- [Denver Post](#)
- Houston Chronicle
- [San Diego Union-Tribune](#) (Click to view article)
- The Fresno Bee
- San Diego Reader
- La Jolla Light
- San Diego Transcript
- San Diego Business Journal
- [San Diego Union-Tribune](#) (Click to view article)
- The Presidio Sentinel
- San Diego Jewish Journal
- Today's Daily News
- Sign on San Diego
- Indiana Gazette
- The Charleston Daily Mail

MAGAZINES



- [San Diego Magazine names Cathleen "The Best Feng Shui Expert in San Diego"](#) (opens in a new window)
- [Ranch & Coast](#) (opens in new window)
- [San Diego Magazine](#) (opens in a new window)
- Vogue
- [San Diego Home and Garden Magazine](#) (opens in new window)
- [Land & Light](#) (opens in new window)
- American Bar Association Journal
- Asia in America (list continues below)
- Bellissima Magazine
- Corporate Meetings and Incentives
- Successful Meetings Magazine
- Feng Shui for Modern Living

- Pulse (international magazine to the spa trade)
- San Diego Metropolitan Magazine
- Ponds USA and Water Gardens
- Convention and Incentive Marketing
- 944 Magazine
- Angie's List
- RDH Magazine: [Feng Shui for the Dental Office Part 2](#) (opens in a new window)
- Hotels Magazine
- All You Magazine
- [Living in Style Magazine](#) (opens in a new window)
- Men's Fitness Magazine
- First For Women Magazine
- Real Simple Magazine
- Woman's World Magazine

ON-LINE FEATURES (Click to view each one)



- ["Does Luck in Love Really Exist?"](#)
- [SanDiegoReader.com](#)
- [Japan Society of San Diego and Tijuana](#)
- [Fitness for Health](#)
- [Home and Outdoor](#)
- [Seattle PI](#)

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Cathleen McCandless



Photographs continue on the next page.



Lecturing



Working with a client

Examples of Cathleen's work (mid century modern home in Pasadena)





Brix 42 (Restaurant)



Outside Fusion Five Sales office (Master planned community Cathleen worked on with John Laing Homes).

Fusion Five Model Homes



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