


# Comfort Zone: Creating the Eco-Elegant Interior

*By Trudy Dujardin*

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**Comfort Zone: Creating the Eco-Elegant Interior** By Trudy Dujardin

If you're looking for the perfect gift for the holidays, this interior design coffee table book is it! Comfort Zone: Creating the Eco-Elegant Interior welcomes readers to a fresh 21st century approach to sustainable interior design, one that emphasizes beautiful rooms, healthful furnishings and building materials, and extraordinary comfort, while thoughtfully considering the world outside our doors. Award winning designs are presented in full color photographs, showing elegant interiors on Nantucket Island, New York City, and throughout the world.

Trudy Dujardin, ASID, LEED AP +ID + C, is a pioneer in sustainable interior design, creating elegant interiors in all shades of "green," from a simple No-VOC paints approach to a fully eco-friendly residence. From chic urban apartments to luxurious beach houses, meticulously restored sea captains manses, and modern houses built by renowned architects, Trudy's emphasis on creating gracious, classically elegant interiors is demonstrated with striking color photography.

You'll learn how to choose non-toxic paints and finishes for the skin of your home, find out what the most important room really is, discover that traditional upholstered furniture may not be the best seat in the house, and be inspired to create the comfortable, greener home you've dreamed of.

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**Comfort Zone: Creating the Eco-Elegant Interior By Trudy Dujardin Bibliography**

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## Editorial Review

Review
*Comfort Zone: Creating the Eco-Elegant Interior* artfully demonstrates with over 350 photographs that being green doesn't mean you can’t be stylish, too. (Arlene Hirst *New York Post, September 17, 2014*)

She is an expert in the sustainable design movement and has lots of great ideas to share with us from tips on non-toxic paints to green furniture. (Jura Koncius *The Washington Post, October 9, 2014*)

Trudy Dujardin seamlessly blends the highest quality non-toxic finishes with abundant comfort and sophisticated design. (*Connecticut Cottages & Gardens, September 2014*)

The book serves as a step by step resource for products and providers in the quest for a healthy home. (*October 9, 2014*)

From the Author

Writing this book has been my gift to everyone who wants to live in a healthier, more holistic house. We begin by changing to a greener home, and extend our practices bit by bit into the world. A perfect gift for the holidays, *Comfort Zone* is not only a beautiful coffee table interior design book, but also a handbook on creating the home of your dreams.
My wish is for everyone to take their first steps toward making their house a cleaner, more pure environment, without the off-gassing of fumes and dangerous chemicals we too often find in our homes.

I've devoted my career to creating graceful, timeless interiors that honor a sense of place and the lives of the homeowners. Every design is different, just as my clients are different, but they all have something in common. My work reflects my belief that we can make good choices that support our health, and the health of our planet. With that in mind, I educate my clients about the myriad and wonderful options that exist today in eco-friendly building materials, furnishings, fabrics and finishes.

A home can be lightly "green," (what I refer to as "gently green"), moderately green, or deeply green. Sometimes the addition of antique furniture, a surprisingly eco-friendly element, is the only nod to "green" living; other times, my clients enthusiastically embrace No-VOC paints, organic wool carpets and FSC-certified woods. Some take additional steps and specify non-toxic insulation and whole house air filtration systems.

I wrote *Comfort Zone* to share the knowledge about healthful buildings and holistic living that I've spent my lifetime learning. You can read *Comfort Zone* as a beautiful design book, and enjoy the inspiration of photographs of some of the country's most stunning homes and settings, or you can drill down deeper and learn more about how to live sustainably in your home, and on the earth.

Spirals and labyrinths are symbols found repeatedly throughout the book, as they are in nature. The concept of what makes the proportions of the chambers of a Nautilus shell so beautiful is explained by the Fibonacci sequence, often referred to as nature's numbering system. It is displayed to perfect effect in the face of a sunflower, the scales of a pineapple, or a grain of wheat. Those spirals, repeated in the drawings of prehistoric ammonites that decorate the book's endpapers, represent my intention to lead the way through the maze of sustainable design. I want to help you make healthy, beautiful choices.

*Comfort Zone* was created using acid-free, FSC-certified cotton cloth covers and interior vellums, and vegetable-based ink from renewable sources. Insisting on ecological materials and production processes is part of my commitment to protecting our environment for our children, and our children's children.

I love beautiful places, and beautiful things. I am ultimately an optimist, and though I have concern for our planet, I believe that together we can make a difference. We can make choices that will result in healthier lives for ourselves, our families and our friends. I hope that by buying and reading *Comfort Zone* that you will be inspired to cherish your home, your family and the earth outside your door in ways that make you an optimist, too.

I tell my clients that A Healthy Home is the Ultimate Luxury. ™ I want that luxury to be yours.

Trudy Dujardin
September, 2014

From the Inside Flap
*Comfort Zone: Creating the Eco-Elegant Interior* invites readers to create a healthy, sustainable home without sacrificing an ounce of style. Author and award-winning designer Trudy Dujardin, a pioneer in the sustainable design industry, takes readers on a journey through some of America's most elegant homes, illustrated with more than 350 color photographs. Along the way, she points out elements of green design that can be easily incorporated when building a new home, or renovating or redesigning an existing one.

Well-known for her timeless interiors that celebrate a sense of place and the provenance of classic antiques and objets d'art, the book takes a close look at the designer's own deeply green home, along with a step by step guide that demonstrates what makes a home healthy. A resource list of sustainable products and providers, compiled over decades of design work, will save both time and missteps in protecting the earth, as well as your family's wellbeing.

## Users Review

**From reader reviews:**

**Veronica Roberts:**

Reading a book can be one of a lot of action that everyone in the world enjoys. Do you like reading book so. There are a lot of reasons why people love it. First reading a publication will give you a lot of new details. When you read a guide you will get new information simply because book is one of various ways to share the information as well as their idea. Second, studying a book will make anyone more imaginative. When you looking at a book especially fictional works book the author will bring one to imagine the story how the people do it anything. Third, you could share your knowledge to other people. When you read this Comfort Zone: Creating the Eco-Elegant Interior, you may tells your family, friends as well as soon about yours e-book. Your knowledge can inspire average, make them reading a book.

**Irene Weinstein:**

The book with title Comfort Zone: Creating the Eco-Elegant Interior contains a lot of information that you can study it. You can get a lot of benefit after read this book. That book exist new understanding the information that exist in this e-book represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. This book will bring you inside new era of the glowbal growth. You can read the e-book on your own smart phone, so you can read that anywhere you want.

**David Colon:**

Playing with family within a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Comfort Zone: Creating the Eco-Elegant Interior, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its named reading friends.

**Emma Lavigne:**

Reading a book to be new life style in this season; every people loves to examine a book. When you learn a book you can get a large amount of benefit. When you read ebooks, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your research, you can read education books, but if you want to entertain yourself you are able to a fiction books, these us novel, comics, and also soon. The Comfort Zone: Creating the Eco-Elegant Interior will give you new experience in looking at a book.

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