

EASY Living

15-PAGE SPECIAL

Lose weight,
feel great

A simple, smart,
sane approach
that actually
works

Michelle
OBAMA

An intimate
conversation with
the First Lady

IN THE KNOW

**NEED A
BOOST?**

INSPIRING
WAYS TO
BEAT THE
WINTER
BLUES

FASHION

Effortless,
easy chic

Classic
looks every
woman can
carry off

**ORGANISE
YOUR LIFE!**

- * Clear your clutter * Whittle down your wardrobe
- * Blitz your emotional baggage * Manage your money



Editor's letter



While I can't promise that my husband reads *Easy Living* cover to cover on a regular basis, there is one feature in this issue to which he will surely relate. **1** Turn to page 82 and you will find a piece about both men and women who are **wildly**

outnumbered by the opposite sex in their family and, as you can see from the above photo (even our dog is a girl!), that wholly applies in my household. To make things worse for the poor man, I am experiencing that all-too-female desire to spring clean (well, more accurately, redecorate) bits of our home. **2** The **storage** feature on page 142, for instance, has inspired the idea of this great **cabinet**, £1,100, from Laura Ashley. **3** Secondly, I have discovered a wonderful new company called **Francesca's Paints** – all of whose colours make me want to repaint my house from top to toe. **4** And thirdly, Felicity Hall's wonderful needlepoint designs, as seen on this **cushion**, £60, look set to be the first reason in an age why I might pick up a needle and thread. **5 & 6** Talking of spring, there's also the lure of all those new-season clothes with my eye already caught by this pretty Accessorize **scarf**, £15, and these chic butterfly **sandals**, £79, from Boden. All we need now is the weather to go with them.

SUSIE FORBES
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2

PHOTOGRAPH DAISY LEWIS, FULL STOP PHOTOGRAPHY. FOR WHERE TO BUY, SEE STOCKISTS PAGE

DECANT AND DECORATE

Don't put up with ugly cardboard packaging cluttering up your shelves – instead, transfer your dry foods into glass jars and show off your newly revamped shelves with your best china.

Walls painted in 'Rose Damask III' chalky emulsion, £13.43 per 1l, Francesca's Paints. *On wall:* Wooden and metal utensils, from a selection, David Mellor. 'Pois' knife magnets, £8 for three; 'Xanda' kitchen knife set, £30: both Habitat. 'Liatorp' shelving unit, £90, Ikea. 'Havstulpan' fabric (used as shelf unit backing), £26 per metre, Mairo. *Top shelf from left:* Glass bowls, £35 for four, JME Collection. Vintage champagne coupes, £18.50 each, Summerill & Bishop. 'Grace' floral bowl, £4, Marks & Spencer. 'Heidi' bowls, £4 each; dinner plates, £5.50 each; 'Concetta' bowl, £7.50 each: all Habitat. 'Jersey' china, £24 for four dinner plates; £16 for four side plates: both JME Collection. Porcelain pot, £29.95, Pedlars. Vintage cutlery, £29 for set of six; vintage glass celery vases, £30 each; glass lemon squeezer, £5: all Re Home Ltd. 'Odette' 24-piece cutlery set, £130, Pied À Terre Home". *Middle shelf from left:* Ceramic drawers, £14 each, House Doctor. 'Flip' storage jars, from £3 each; food, from a selection: both JME Collection. *Bottom shelf from left:* Zinc boxes, £23.50 for four, Dee Puddy. Chalk jars, £12.50 for six, Rockett St George. *On worktop from left:* Ceramic colander, £36, Summerill & Bishop. Tea towel, £12.95, Dee Puddy. Glass jars, £42 each, Rockett St George. Kettle, £60, Heals. Cuisinart mini processor, £49.50, The Conran Shop. Ceramic pot stand, £18.50, David Mellor. 'Wesco' bread bin, £97.50, Pedlars. Bin, £45, Garden Trading. Jelly mould lights, £48 each, Re Home Ltd. Curtain made from 'Du Barry Pattern', £82.84 per metre, Osborne & Little ■



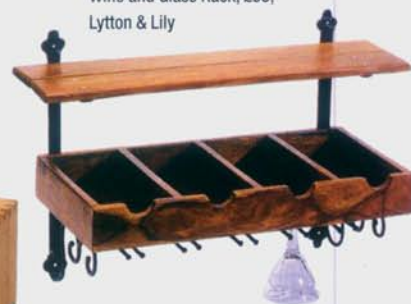
Wooden 'Joyce' cabinet, from a selection, Pinch Design



'Tre' container, £18, Habitat



'Forhoja' shelf with glass drawers, £28.99, Ikea



Wine and Glass Rack, £95, Lytton & Lily