

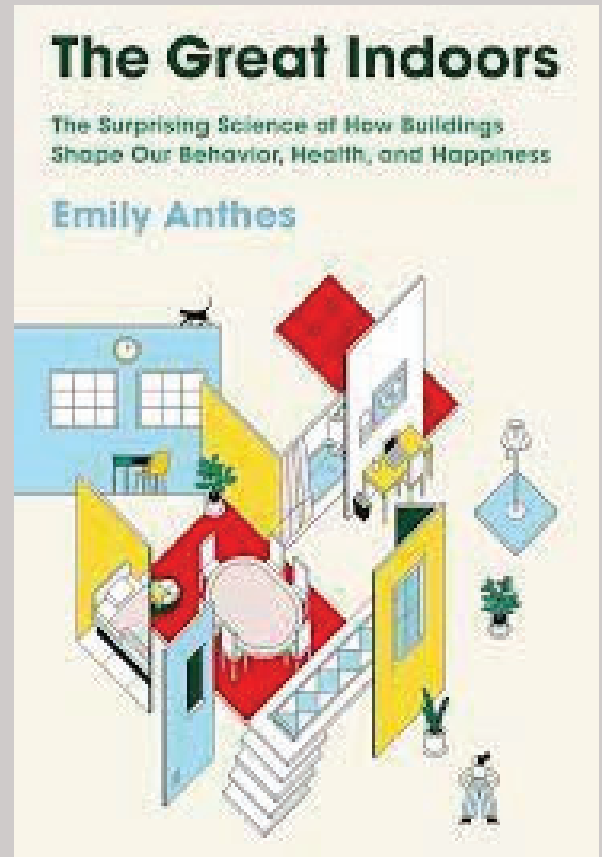


the great indoors.

This was definitely the best book to be my first read from the pile. Anthes wrote analyses on multiple different areas of design from education to offices, apartments to prisons, and hospitals to literally mars. These chapters were packed full of research and data, but written in an extremely readable way that made it a joy to learn about. She touched on so many different aspects of design that are something most people wouldn't think about like visibility of stairs to influence healthier behavior. Anthes personally visited a multitude of different sites and was extremely observant of each one, with the help of the designers from each space to get an inside look of the intentions behind the designs. Overall, very enjoyable and would recommend! Final comment.. her final chapter was about the scientists looking into research about living on MARS and man was that a frighteningly truthful chapter to read about sustainability.

main points

- There are billions of microbes in every crevice of our home, and we don't know if they're good or bad yet.
- Hospital design is a matter of life and death. Even down to where a tray of tools is placed in an operating room
- Having a pleasing experience associated with healthy choices like stairs or better lunch meals in schools has a direct impact on our health



main points continued...

- The Well Living Lab, associated with the Mayo Clinic, is a huge built environment research lab that is doing a lot of incredible studies
- WeWork is an interesting approach to the problem of the common cubicle, as they survey what types of rooms are working and how to meet the needs of workers
- Designing with disabilities like autism in mind to help encourage people into communities is extremely important and beneficial to a lot of people
- Prisons can be designed to lessen violence, and shockingly not having the prisoners separated from officers lessens the issues between them
- Smart homes are becoming a reality, and they're being put into senior homes to watch out for falls from a separate facility
- Amphibian Design is the sustainable design standard of the future, where sandbags are creating shelters made to last through natural disasters
- People are actually creating the science needed to start the conversation about living on Mars
- Overall, design has a proven impact on our health, and these were some shocking and extremely interesting topics.

"... University of Cincinnati Gardner Neuroscience Institute, which treats people with an array of neurological conditions, it assembled a patient advisory group to learn how to make the building more welcoming. To aid patients who might have trouble with navigation, the architects made sure that the corridors provided views to the outside, which can help people stay oriented. To reduce glare, they wrapped the building in a white mesh that ensures that the daylight entering the building is soft and diffuse."

- pg. 109, Emily Anthes

Anthes talks about Cincinnati!! It was so exciting to read and suddenly see a shout out to my University! I wish she had talked a little more about the white mesh exterior and the intentions behind it besides daylight diffusion but hey, still pretty cool.



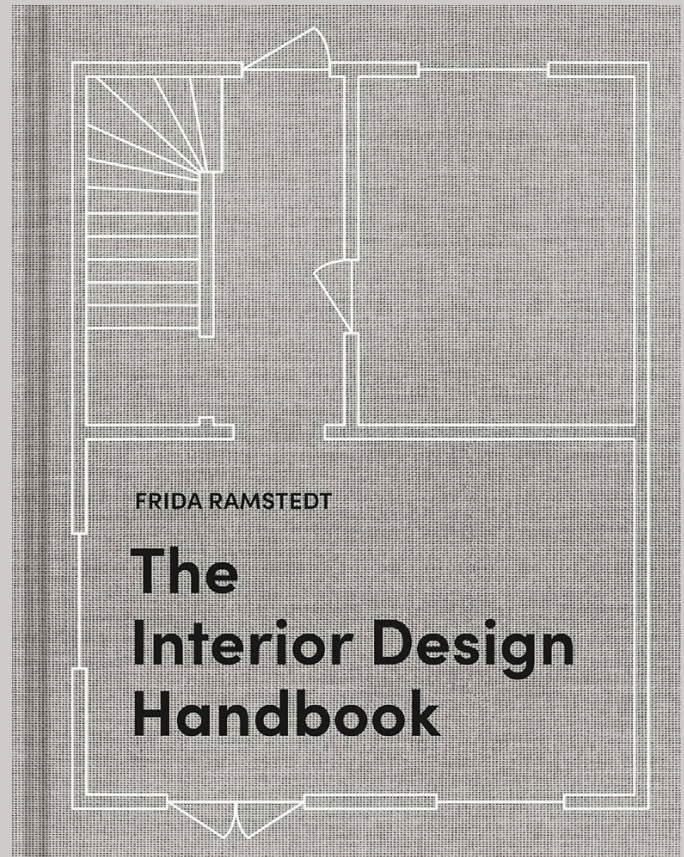
the interior design handbook.

I bought this book years ago and convinced myself I was too good to read it or something... but I am glad that I got over that and took the time to read through this, as it was actually rather helpful. I will admit I knew probably 75% of the content, but seeing it written down in simple terms was genuinely enjoyable. Frida Ramstedt touches on basic principles of balance and visuals, questions to ask yourself of how you want to feel when designing your own space, lighting, color, tips, proportions, purchasing, and more.

Ramstedt touches a lot on decorating as the intended readers of this book are people looking for some advice in designing and decorating their own residential spaces, but a lot of it is still quite interesting none the less. I found myself realizing how much of what she talks about is intuition for the rest of us. Did I learn somewhere that everything is better in three's? I think so, but I've been decorating that way forever.

main points

- The first thing Ramstedt mentions to the reader is to ask themselves how they want to feel in a space, and to notice how they feel in the space already
- Next, she goes into visual basics of design like focal points, leading lines, and symmetry - this section is where the intuitive design methods had mathematical reasonings
- "Tools of Design" is what she goes into next, and describes styles of houses and how to mix them together in a pleasing way.



main points continued

- Next is notes on the basics of selecting color and its impact on a space. From mixing tertiary colors to what kinds of white should be on a ceiling versus wall, this chapter is a great introduction to color selection
- Chapter 5 talks entirely about lighting - its effects on making a space feel like home, what types of lighting are best for what spaces, the temperature of lighting, and general tips and tricks of light.
- The following chapter touches on a lot of decorating and very basic tips. One of the pages is even on the "pillow chop" so many people use on their throw pillows to make them seem homey while presentable. This also goes into how to arrange photo walls, curtain lengths, and everything one could need, making this truly the ultimate guide, or handbook.
- After this is what to look out for when selecting and purchasing furniture like quality, avoiding trends, and CPU (cost per use)
- Lastly, Ramstedt explains to cut out the floor plan in grid paper to scale, which is something I think all of us did when we were little. She then goes through tips and tricks of each room, making this an ultimate guide.

"Designing your interior is not just a matter of showing aspects of your character; it's also a way of adapting your decor to the kind of individual you are and the life you lead. By attempting to understand and support the physical and psychological needs of your personality, I believe we have a greater chance of creating cozy and harmonious homes that don't only look good, but also make us feel better."
- Pg. 14, Frida Ramstedt

This is one of the first pages in the book, and yet I believe one of the most impactful. Ramstedt forces the reader to immediately consider not just how a space should look or to reference their pinterest board, but to think about the needs of a space.

This is the exact process I believe every designer should go through, whether designing for themselves or a client, for a commercial space or residential. By asking about the physical and psychological needs of a space before anything else, we can go beyond interior decorating and truly begin to design for what matters. Before CDs or SDs, and for sure before DDs, this is the part of the design process I hope to learn the most about in the coming future.

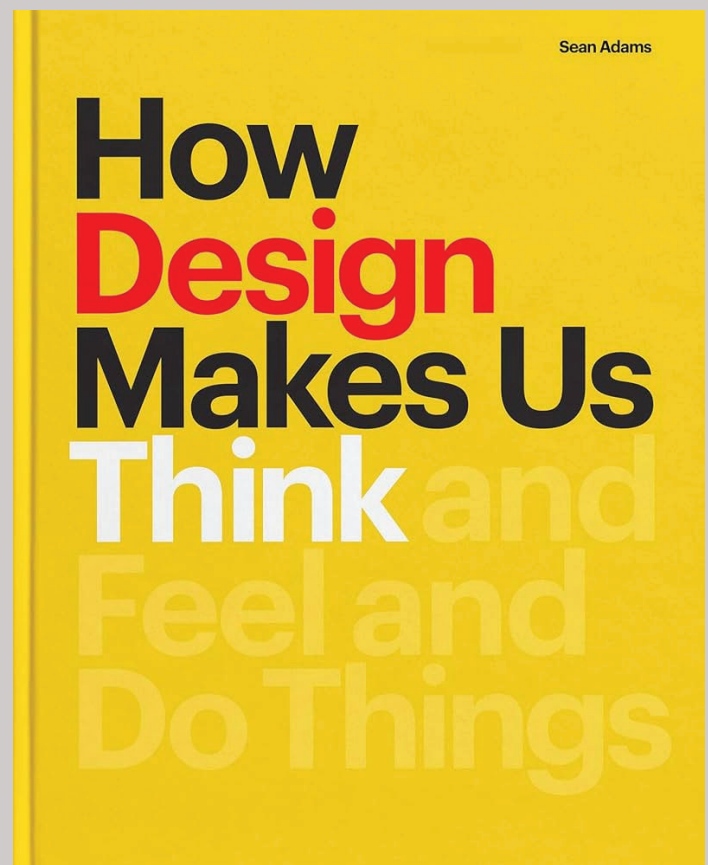
how design makes us think.

"How Design Makes Us Think and Feel and Do Things" by Sean Adams is a comprehensive understanding of multiple different emotions created by design, filled with examples of design pieces throughout multiple mediums. The emotions Adams describes in different chapters include: seduction, efficiency, love, humor, intelligence, elegance, pride, innovation, innocence, nostalgia, anger, pleasure, and honesty.

Adams goes in depth with a variety of reasons, tactics, and real life examples of how designers throughout history have purposefully used color, texture, composition, and more to influence the viewer in these multiple different emotional situations. While this book is much more user experience focused rather than interior design focused, I feel as though the information Adams provided was still something to learn from when it comes to designing with the manipulation of emotion in mind.

main points

- **Seduction:** "If the forms do not seduce the viewer, he or she will not see or interact with the solution. To seduce the viewer is to create a powerful attraction that invites him or her to look more closely and become more intimate with the message"
- **Efficiency:** "We determine efficiency based on the necessary resources to produce the desired results...when the effort outweighs the result, we reject the object, and it fails"

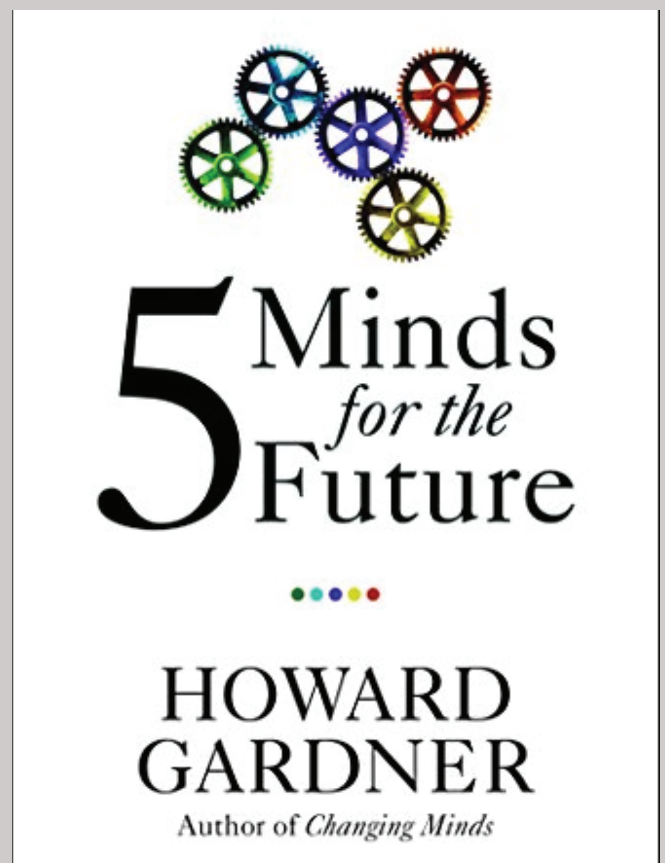


- **Love:** "Love is a multilayered emotion that challenges definition...regardless of the conceptual and formal tactic, the communication must connect the message on an emotional level closest to one's identification with the emotion of love"
- **Humor:** "Philosophers have attempted to determine what is humorous and why for millennia... regardless of why we find something humorous, it is an extraordinary tool for the designer"
- **Intelligence:** "Designers convey intelligence with a variety of means: technical forms, geometric or documentary-type images, hard shapes, and multiple entry points to the information or operation of a designed artifact. In design, intelligence is the opposite of innocence, presuming a deeper understanding of the world, complexity, and contradictions."
- **Elegance:** "Reflective design is the most fluid and powerful response. The reflective level is about conscious thought... based on cultural learning, individual experience, belief systems, and values."
- **Pride:** "There are two sides to pride... pride is an excessive desire for one's superiority over others...then there is the type of pride that is centered upon accomplishments and social achievements for the community. "
- **Innovation:** "Humans are naturally innovative... tied with our ability to communicate with language... translating the essential trait of innovating new ideas that can be transmitted, designed, built, produced, and understood, is the hard part."
- **Innocence:** "Innocence is a positive state that comes from a lack of sophistication,wickedness,knowledge, and guile...when we consider the idea of innocence, we assume simplicity, lack of intellectual depth, and safety... innocence can be communicated with much more sophistication"
- **Nostalgia:** "Nostalgia is what we feel when an object, sound, smell, or words prompt a longing for an idealized past we manufacture.The artifact itself plays a minor role in the process. It is only a trigger that prompts our memory of an interaction or relationship recalled fondly."
- **Anger:** "Anger, as an emotion, is effective as a mnemonic tool. Events tied to strong emotions are imprinted more indelibly as memories... If a design can provoke anger, it has the audience's attention. The viewer is now prepared to hear a command, take action, or find information."
- **Pleasure:** "Pleasure allows us to step away from reality... Consider the power of design here; a positive response to an object is neurologically similar to the fulfillment of basic human survival impulses such as hunger and sex."
- **Honesty:** "Honesty is at the core of trust. To trust a design, product, or communication, one expects technical competence; the designer or manufacturer should clearly have experience and knowledge. We must believe that the solution offered by the product reinforces the natural and social moral order."

5 minds for the future.

The most shocking part of this read was the fact that it was written in 2008, and most of its psychology and takes on education are astoundingly applicable today. Although as the title reads “..for the future” ... I guess it isn't quite shocking. These 5 minds that Howard Gardner writes about are the disciplined mind, the synthesizing mind, the creative mind, the respectful mind, and the ethical mind. While Gardner goes into detail about each of these minds and those who each classify, he also goes into detail about how we will not be able to survive the future without a combination of the 5 minds. One of the more interesting thoughts about this that Gardner goes into is how each of these minds can and will be replaced by Artificial Intelligence in the future except for the creative mind, so we must develop a balance of each so that we do not fall behind technology... again, written in 2008!! How scarily insightful a lot of this was.

- Individuals without one or more disciplines will not be able to succeed at any demanding workplace and will be restricted to menial tasks.
- Individuals without synthesising capabilities will be overwhelmed by information and unable to make judicious decisions about personal or professional matters.
- Individuals without creating capacities will be replaced by computers and will drive away those who do have the creative spark.
- Individuals without respect will not be worthy of respect by others and will poison the workplace and the commons.
- Individuals without ethics will yield a world devoid of decent workers and responsible citizens: none of us will want to live on that desolate planet.



The Disciplined Mind

- The Disciplined mind refers to the ability to think in ways associated with major scholarly disciplines such as history, math and science, and major professions like law, medicine, management, finance as well as the ability to apply oneself diligently, improving steadily and continuing beyond formal education.
- While facts and figures and other information are important, in today's world of search engines and virtual encyclopaedias, nearly all desired information can be retrieved almost instantaneously, but it is the mastering of the disciplined mind that sets someone apart from others.

The Creating Mind

- The synthesising mind is able to select crucial information from the copious amounts available, arraying that information in ways that make sense to self and others.
- Creativity occurs when an individual or group product, generated in a particular domain, is recognised by the relevant field as innovative and exerts a genuine, detectable influence on subsequent work in that domain. Quite simply, has the domain in which you operate been significantly altered by your contribution?
- Creating minds also need to develop multiple, diverse representations of the same entity. Such multiple representations are ideal for new ways of thinking about an entity, problem or question.

The Synthesizing Mind

- The synthesising mind is able to select crucial information from the copious amounts available, arraying that information in ways that make sense to self and others.
- Some common examples of synthesis could take the form of narratives, taxonomies, complex concepts, rules and aphorisms, powerful metaphors, embodiments without words, theories and metatheory.

The Respectful Mind

- The respectful mind responds sympathetically and constructively to differences among individuals and among groups, seeking to understand and work with those who are different, extending beyond mere tolerance and political correctness.

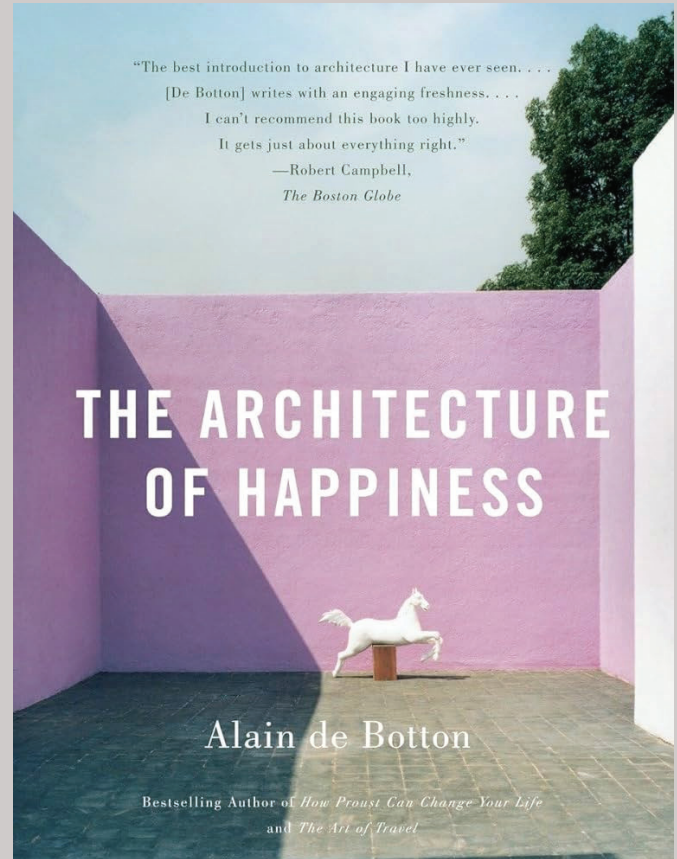
The Ethical Mind

- The Ethical mind is able to merge roles at work and as a citizen and act consistently with those conceptualisations, striving towards good work and good citizenship.
- Whether a person becomes a good worker depends on whether they are disposed to carry out good work and are willing to keep on trying to achieve that end when the going gets tough.

the architecture of happiness.

The most surprising part of this read was perhaps the part that should have been the most obvious - that it is about how architecture creates genuine happiness. Alain De Botton writes in a rather achedemically forward language, yet his text is still readable and honestly quite moving. Botton does a great job of giving an overview of a lot of different points in history and parts of the world as he talks about different projects and their impact on happiness. Something very interesting he also mentions is the fact that sometimes architecture cannot cure us and create happiness, which is not meant to be a depressing notion, but rather an observation about this art form. Botton also talks about different art pieces and the emotions they intice. Some of these comments are similar to *How Design Makes Us Think* and the impact of different projects and the emotions they create, but is completely written about architectural based projects. Overall, this was a really enjoyable read and I would recommend it!

In chapter 3, *Talking Buildings*, Botton talks about the visual relations of buildings and other concepts that create feelings and dipict emotions about a space. How we look for human features in a facade and decide how we feel about it depending on what kind of face it reflects. This part caught my attention the most of any of his writing, as it reinstates my opinion about how "everything is designed", even how upright our letter "f" is written in each different font, and the linework within each piece of furniture, and the story it can tell within a space.



"To feel that a building is unappealing may simply be to dislike the temperament of the creature or human we dimly recognise in its elevation - just as to call another edifice beautiful is to sense the presense of a character we would like if it took on a living form. What we search for in a work of architecture is not in the end so far from what we search for in a friend. The objects we discribe as beautiful are versions of the people we love."

This quote, found on page 88, was the most moving for me in the total of the book. Not only does this describe how everything is designed, but it also provides a new way to approach designing a space to tell a story though creating a visual character. Botton also goes on to discribe the impact relation between spaces impacts the feeling of a project. How we use pieces and geometries of our past to inspire us today, and how that visual creates a connection and association between spaces.

"A second compelling claim was made for the visual when the early theologians speculated that it might be easier to become a faithful servant of God by looking than by reading. They argued that mankind could more effectively be shaped by architecture than by Scripture. Because we were creatures of sense, spiritual principles stood a better chance of fortifying our souls if we took them in via our eyes rather than via our intellect. We might learn more about humility by gazing at an arrangement of tiles than by studying the Gospels, and more about the nature of kindness in a stained-glass window than a holy book. Spending time in beautiful spaces, far from a self-indulgent luxury, was deemed to lie at the core of the quest to become an honorable person."

- pg. 118, Alain de Botton