
INTRODUCTION

- 06 My Story
 - 12 What is Dopamine Decor?
 - 16 The Psychology of Dopamine Decor
 - 20 Find Your Tribe: Types of Dopamine Decor
 - 34 Shoestring Decor
-

PART ONE:

The Core Principles of Dopamine Decor

- 42 Bold, Brave Colours
 - 66 Make Mine a Moodboard
 - 70 Colour Palettes
 - 78 The Magic of Paint
 - 84 Get Touchy-feely
 - 88 Embrace Pattern
 - 94 Bring the Outside In
 - 100 Keep It Clean
 - 106 Get the Light Right
 - 112 Plan, Plan, Plan
-

PART TWO:

The Dopamine Home, Room by Room

- 118 Living Room
 - 134 Kitchen
 - 148 Dining Room
 - 160 Hallway
 - 170 Bathroom
 - 182 Bedrooms
 - 194 Kids' Rooms
 - 200 Study or Workspace
 - 206 Garden
-

- 218 Acknowledgements
 - 220 Resources
 - 221 Picture Credits
 - 222 Index
-

CONTENTS