BUILD YOUR PERFECT LIFE
SMART AND STYLISH RULES FOR GUYS
100 BEST PLACES TO LIVE
THE NEW AMERICAN MAN
137 Ways to Find Happiness at Home
"CREATE DECOR THAT DEFINES YOUR CHARACTER. Fill a bowl with your old baseballs, for example, and put it on display as a centerpiece."

TANIYA NAYAK is host of HDTV’s "Designing Rooms," a firm that has styled spaces for restaurants, celebrity mansions, and other private residences. She focuses on creating affordable yet inspirational rooms.

"DESIGN PSYCHOLOGY"

SUSAN PAINTER, PH.D., AND CONSTANCE FORREST, PSY.D.

Painters and Forrest are founders of Forrest-Painter Design, in California. They use design psychology to convey peace of mind. Tip: "Pair objects like candles and you’ll subliminally send a message that you’ll make a great mate."

"INTERIOR DESIGN"

ROBERT PASSAL An interior designer in New York, Passal has transformed living spaces for Alex Rodriguez and Jorge Posada. Tip: "Paint the interiors of bookcases to contrast with the color of your walls. Your collection will stand out."

"PLUMBING"

CESAR BALBIN Balbin is a vice president at the Drain Surgeon, in California. He’s unlogged pipes for several U.S. presidents. Tip: "Run citrus peels through your garbage disposal to remove odors."

"GREEN LIVING"

LLOYD ALTER Alter writes about low-impact, ecological living at treehugger.com. Tip: "If you haven’t touched something you own in the past year, get rid of it."

"LIGHTING"

DAVID GHATAN Ghatan is an architectural lighting designer for CM Kling & Associates. He’s oversaw more than 500 projects worldwide, including the Starlight Ballroom at New York’s Waldorf-Astoria. Tip: "Use lighting from multiple angles to reduce shadows across your face and make you look healthier."

"LANDSCAPING"

JOSÉ RAÚL BUTRAGÜO Butragüo teaches landscape architecture at the University of Georgia. He’s crafted layouts for residences, resorts, and theme parks. Tip: "Traditional pine bark mulch is a buffet for termites. Instead, use pine needle mulch, which contains a natural toxin that repels certain termite species."

"TO PREVENT SPOTTING, USE RAIN-X ON YOUR SHOWER DOORS."

RENOVATION

SHAWN NELSON Nelson is president of New Spaces, a Minnesota-based remodeling company specializing in quick kitchen overhauls.

"ARCHITECTURE"

MILTON CURRY Curry is a professor of architecture at Cornell University and a principal at OrbitMC Designstudio, an architecture firm that’s done work for Def Jam.

"AUDIO AND VIDEO"

MIKE WHALING Whaling is a partner at Infinitisys Electronic Architects, a Florida company that specializes in home automation. He’s wired major residential complexes and celebrity homes. Tip: "Remove scratches from a CD with a cut banana. Start at the center and rub to the edge."

"CULINARY ARTS"

THOMAS GRIFFITHS Griffiths is a certified master chef and a professor at the Culinary Institute of America, in New York City. He’s held chef positions at the United Nations, Côte Basque, and Le Cirque. Tip: "Two simple salads: (1) mixed field greens, toasted walnuts, Anjou pear, blue cheese; and (2) mixed field greens, red grapes, toasted almonds, and sharp Cheddar.

"DRINKS/WINE"

LIVIO LAURO Lauro is the national president of the United States Bartenders’ Guild. He works at Southern Wine & Spirits of Nevada, and with hotels and restaurants, developing drink menus for the Las Vegas Strip. Tip: "Citrus fruits yield less juice and taste bitter when cold. Soak the fruit in hot water for 15 minutes before slicing."

"INTERIOR DESIGN AND HOSPITALITY"

ROSS KLEIN Klein is the president of the Starwood Hotels Luxury Brand Group. He guides hotel design, from bedding to ambiance. Tip: "Hide dentures in black luggage with a black Sharpie. It also works on car bumpers."

"CARPENTRY"

GARY M. KATZ Katz is a licensed general contractor in California and founder of the Katz Roadshow, a traveling instructional carpentry clinic. Tip: "Install drawer molding. It adds warmth and character to a home."

"REAL ESTATE"

MARK NASH Nash is a Chicago real-estate broker and author of the annual forecast, "What’s In, What’s Out with Homebuyers." Tip: "Buy the smallest home in the best neighborhood you can afford. Popular neighborhoods will always remain in demand."

"CONSTRUCTION"

RANDY POLUMBO Polumbo is the founder of 3-D Laboratory, which has built homes for Giorgio Armani and Maya Lin. He specializes in salvage, restoration, and sustainability projects. Tip: "Clipped screens on plumbing fixtures decrease water pressure. Once a year, clean your showerhead and faucets."

"MensHealthLiving.com"

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BUILD YOUR PERFECT LIFE
AND STRIP AWAY STRESS FOR GOOD!

20 BEST NEW GUY GADGETS

967 SECRETS OF HAPPINESS

MUSCLE-UP GOURMET MEALS
CREATE WEALTH AT HOME
BOOST YOUR BEDROOM CONFIDENCE

ULTIMATE AT-HOME WORKOUT

Aktor Dominic Purcell
“I’ve created a new life around my new home.”
“A sleek and sophisticated design will impress her. But if you want her to stay, add elements of warmth and comfort, too. Try a plush area rug over the hardwood floor, or a soft throw blanket over a sterile leather couch.”

Kelly Edwards, a.k.a. the MacGyver of Design, is the chief and design coordinator for HGTV’s Design on a Dime and a home decor expert on AOL Living.

Electronics/Sound
Mike Whaling Whaling is a partner at InfiniSys Electronic Architects, a Florida company that specializes in home automation. He’s wired major residential complexes and celebrity homes. Tip: “Never use solvent-based cleaners like Windex on an LCD screen—they’ll attack the plastic and leave it looking discolored.”

Interior Design
Robert Passal An interior designer in New York City, Passal has engineered living spaces for Alex Rodriguez and Jorge Posada. Tip: “Art should relate to the furniture below it. A rule of thumb is to separate artwork and furniture by no more than 10 inches.”

Landscaping Architecture
Jose Raul Buitrago Buitrago teaches landscape architecture at the University of Georgia. He’s crafted layouts for residences and resorts. Tip: “Rosemary is a perfect herb to grow inside during the winter.”

Lighting
David Ghatan Ghatan is an architectural-lighting designer for C. M. Kling & Associates. He has overseen more than 300 projects worldwide. Tip: “Think of your yards as a living room. You don’t have to floodlight the entire space—just highlight one centerpiece, like an ornamental tree or pathway.”

Plumbing
Cesar Balbin Balbin is vice president of The Drain Surgeon, in California. He’s unlogged the pipes of several U.S. presidents. Tip: “If you have low water pressure in your shower, remove the showerhead and soak it in vinegar overnight.”

Real Estate
Mark Nash Nash is a Chicago real estate broker and author of the annual forecast “What’s In, What’s Out with Homebuyers.” Tip: “If sellers ship furniture on a farm table, but water heater, or oven, they may have shipped on other aspects of the home too.”

Construction
Randy Polumbo Polumbo is the founder of Polumbo Inc., which has built homes for Giorgio Armani and Maya Lin. He specializes in high-end salvage, restoration, and sustainability projects. Tip: “Build your own bed. Find recycled lumber or take any railroad ties cut to the length of your bed. Arrange like railroad tracks and set your box spring and mattress on top.”

Culinary Arts
Thomas Griffiths Griffiths is a certified master chef and an associate dean at The Culinary Institute of America in Hyde Park, New York. He’s held positions at the United Nations, La Côte Basque, and Le Cirque. Tip: “Toast spices before adding them to hot oil for 2 minutes in a Teflon pan, stirring with a wooden spoon. You’ll release more flavor and aroma.”

Design Psychology
Toby Israel, Ph.D. Israel, a founder of the Field of Design Psychology, is the author of Some Place Like Home: Using Design Psychology to Create Ideal Places. Tip: “Arrange furniture to better connect with others: 6 ft 11 in apart—intimate distance; 8½ ft to 10 ft—personal; 4 ft to 12 ft—social.”

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Home Improvement
Spike Carlsen Carlsen, a former general contractor, is the author of A Splintered History of Wood.

“HIRE A CONTRACTOR BASED ON THEIR REPUTATION, THEIR PAST WORK, AND YOUR CHEMISTRY WITH THEM.”

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