

HOME VIEWING

Learn how to love your home rather than list it

JENNIFER WILSON-SPEEDY
FOUR-HOME, CA EDITOR

Some mornings you wake up, survey your space and can't help but wonder what happened. Not only is it no longer your dream home, but you don't even really like it anymore. Should you sell? Renovate? Go back to bed and hide under the covers?

Homeowners facing this dilemma are put in the spotlight in the new season of *Love it or List it*, Mondays at 9 p.m. and Thursdays at 11 p.m. on the W Network.

Host Hilary Farr says this season promises even more drama — a significant feat considering the families are renovating and trying to decide whether the time has come to move.

"We're branching out in terms of our stories," says Farr, including triplets, a woman who can give birth any second, same-sex marriages and budgets large and small.

Tight budgets, good design and frayed nerves come into play, but, with the help of the design team, "it always comes out all right in the end," says Farr.

"Whether they decide to stay or move on, they always end up with an extraordinary product."

If you've fallen out of love with your own home, Farr suggests starting with a little nostalgia.

"Go back and remember how you felt when you first walked into that home and fell in love with it," says Farr. "Try to remember what it was, and look at what it has become."

Often, one of the things that takes the shine off a home is clutter. So, take this as a cue to get rid of things that you really don't need, says Farr.

"It's easy to say and hugely overwhelming for the average person. Do it room by room. Once you've whittled down to the items you need and love, give them a home in built-ins or modular units."

Another way to reclaim that feeling is to choose colours that make you happy when you walk through the door, says Farr.

Paint is a "big step to changing the way your home feels and loving it."

She suggests finding the colour you love on a paint chip and going back at least two shades, because unless you love deep colours, "you're generally shocked when it covers wide expanses of your house."

Tired flooring can also lead to those "I hate my home" moments. If your budget allows, Farr recommends opting for wood, which offers a sleek look as well as warmth.

And, finally, before you put out that "for sale" sign, try updating your furniture. "It's time to throw out those old bits of furniture that you've had since college," says Farr, who suggests upgrading pieces room by room.

She says that even a small change, like adding modern lamps, can lift a room out of the "doom and gloom."

And, that little bit of freshness and personalization might just be enough to make you fall in love all over again.

AIRING THIS WEEK

Sunday: *Extreme Makeover: Home Edition* (8 p.m., ABC)

Monday: *For Rent* (8 p.m., HGTV), *Income Property* (8:30 p.m., HGTV), *House Poor* (9 p.m., HGTV), *Love it or List it* (9 p.m., W Network), *My First Place* (9:30 p.m., HGTV), *Take This House and Sell It* (10 p.m., W Network), *Save Us From Our House* (10:30 p.m., W Network)

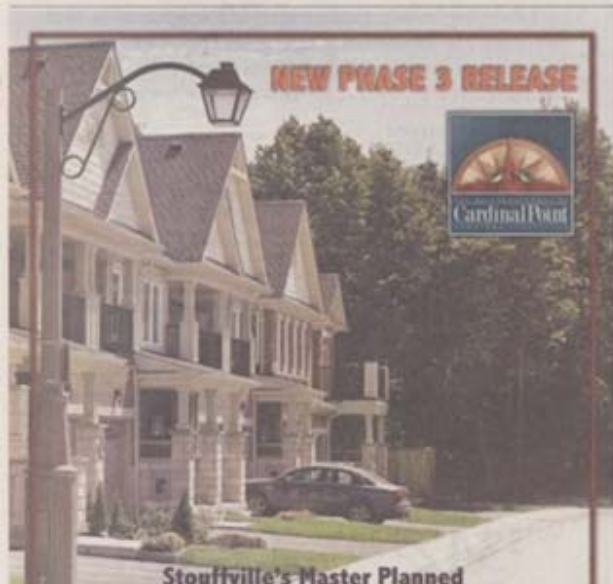
Tuesday: *Pure Design* (9 p.m., HGTV), *Dear Genevieve* (9:30 p.m., HGTV)

Wednesday: *Realtor vs. Realtor* (8 p.m., HGTV), *Real Estate Intervention* (8 p.m., HGTV), *Property Virgins* (9 p.m., HGTV), *The Unsellables UK* (9:30 p.m., HGTV)

Thursday: *Homes Inspection* (8 p.m., HGTV), *Family Renovation* (9 p.m., HGTV), *Colour Confidential* (9 p.m., W Network), *Divine Design* (10 p.m., W Network), *Love it or List it* (11 p.m., W Network)

Friday: *House Hunters International* (8 p.m., HGTV), *Relocation, Relocation* (9 p.m., HGTV)

Weekdays: *Carson Con* (5 p.m., HGTV), *House Hunters* (7 & 10 p.m., HGTV).



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