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Show Notes

Season 5, Episode 7:

How to set up the perfect home office

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What's in this episode?

Hosts Rachel Smith from [Rachel's List](#) and journalist and content creator [Lynne Testoni](#) talk about how to create the perfect working space

This week:

- We talk about the pros and cons of having your own workspace, vs working on the dining table!
- How we manage working from home alongside our husbands
- Rach's tips for renovating and creating a dedicated home office – from powerpoints to shelving to desk depth and natural light.

Plus... furniture options we love

A desk for small space solutions – Rach bought [this one from Dshop](#) which is sturdy, pretty cheap and folds down flat to be easily stored under the bed

For something stylish... Lynne's beautiful [mid-century style desk](#) is from Life Interiors, and [her chair](#) is from West Elm but it's not her dream chair – that is actually a [Herman Miller Aeron chair](#) (which costs about \$1400 but they get a good rap so Lynne is saving her pennies)

Rach wrote a post about [looking for the perfect chair](#) (the hunt goes on)

That's it for this episode. We hope it gives you some tips on setting up a home office you love working in!

Cheers, Rachel and Lynne