

AMR

DESIGN LIFE

WINTER 2025

@AMRINTERIORDSIGN



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2025



YOU IN EVERY DETAIL

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BRENDA BRIX

As founder of Brenda Brix Consulting and AMR Design, Brenda leads a team turning dreams into reality. After facing burnout with challenges early on, she built a streamlined, repeatable business in her space to pursue what she loves. With 15 years in Canada and her own sustainable design businesses, that award-winning leader, Brenda is a lifelong learner and is abundantly by

THE TRUTH IS,
A 50/50 BALANCE
DOESN'T EXIST. . . .
WHAT WE'RE REALLY
SEEKING ISN'T BALANCE.
IT'S ALIGNMENT.

@brendabrixconsulting

NOTE

FROM THE

EDITOR

I have many titles - designer, business owner, mentor — and now I can add one more: author. *Your Life on Fire* reminded me that alignment is the foundation of my work and the reason I've been able to build three incredible businesses.

At AMR Design, we volunteer in our community and create spaces that support the people who live in them. Through Brix & Co., we craft sustainably designed furniture that combines luxury and responsibility. Through Brenda Brix Consulting, I inspire, educate, and lift up women entrepreneurs as they find their own version of alignment.

As the year comes to a close, I'm thankful for everyone who makes this work meaningful. Wishing you warmth, rest, and an aligned life you love as we head into 2026.

Brenda

Your Life on Fire

This fall, Brenda celebrated the release of *Your Life on Fire*. It's a collaborative book featuring stories from women who've built lives and businesses rooted in purpose and authenticity.

Brenda's chapter, *The Joyful Road*, explores what it means to find alignment over balance and to build a business that supports the life you want to live.

We asked her a few questions about writing her chapter and how she hopes to inspire others.

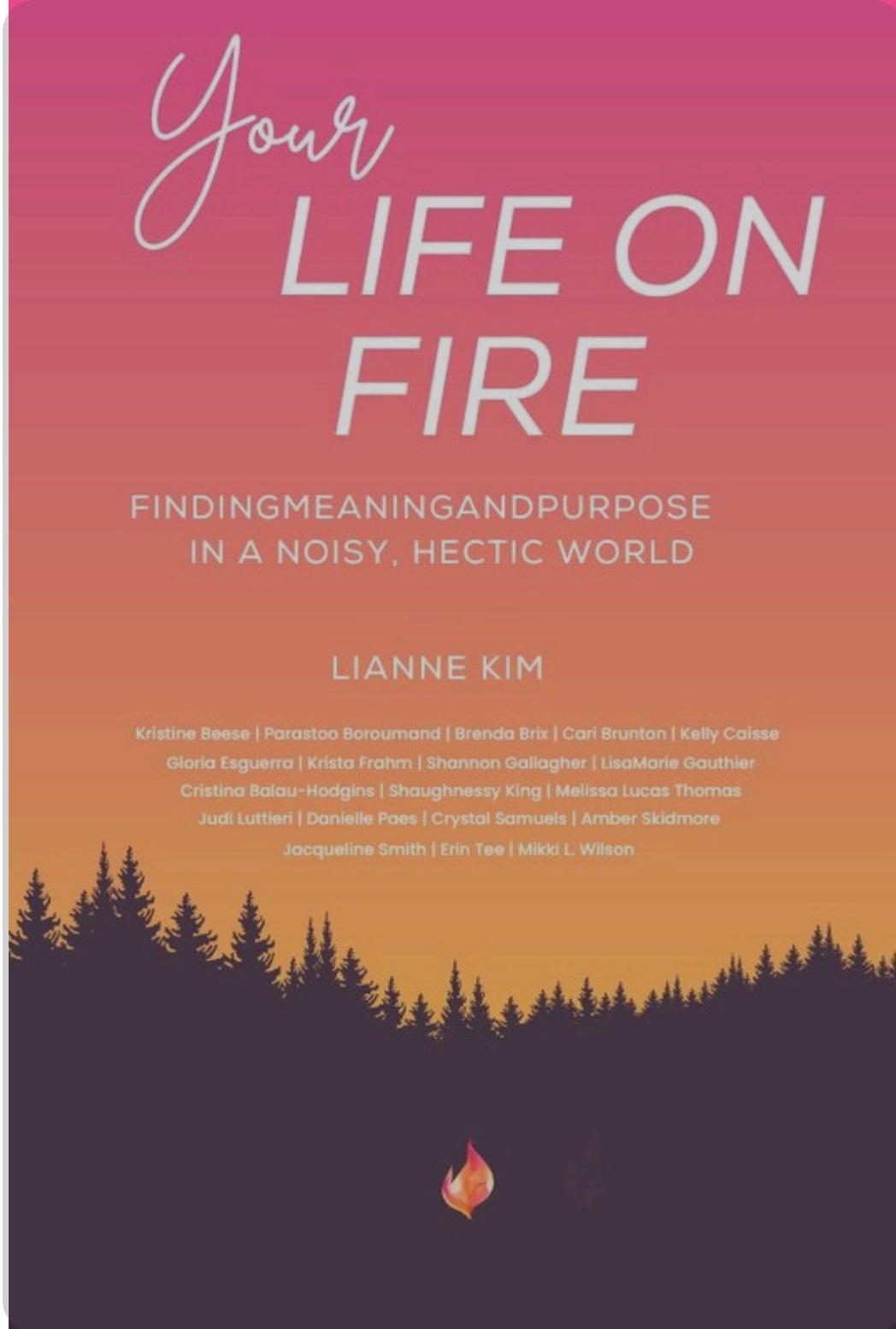
What inspired you to contribute to *Your Life on Fire*?

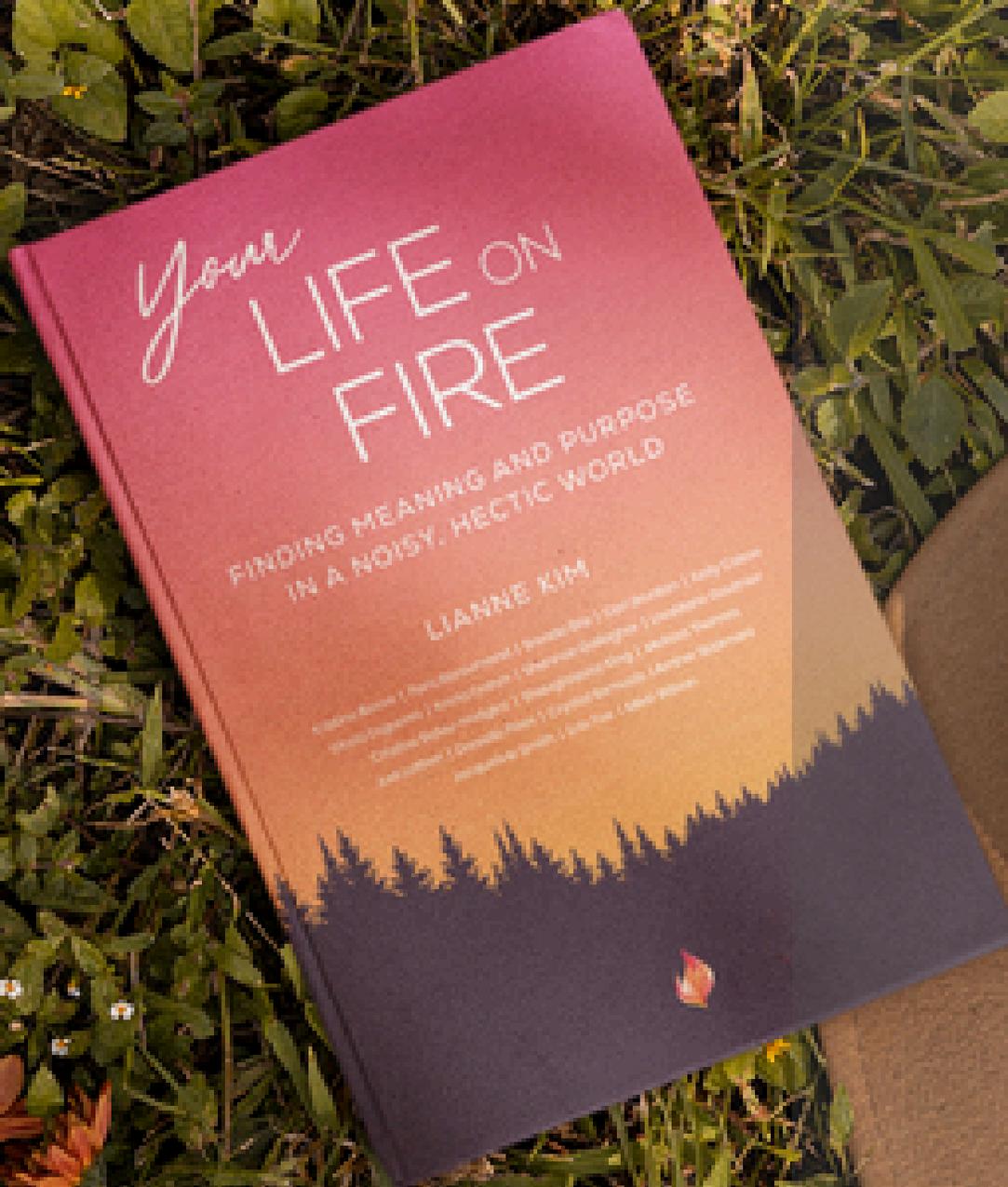
It was a no-brainer. Lianne Kim, who organized the project, is someone I trust and respect, and I knew I'd be supported throughout the process. I've talked about balance and alignment before in blog, podcasts and workshops, and this felt like the next natural step. There's something powerful about holding your story in your hands and realizing how far you've come.

What do you hope readers take away from your story?

I've learned that balance isn't about doing it all. It's about alignment. being fully present where it matters most and making choices that reflect what's truly important. Once I let go of trying to keep everything perfectly even, life felt calmer and more meaningful.

*That shift naturally influenced how I design. At AMR Design, *You in Every Detail* means creating spaces that truly support how you live. It's about clearing out what doesn't matter, which is why I'm drawn to clean lines and systems that make life flow more easily. I hope readers start to notice where things feel in alignment in their lives, and where they don't.*





What was it like working with the other co-authors?

Honestly, it was such a gift. We each came from different backgrounds and had our own versions of success, but we all had a story to share. Everyone supported one another, and that connection made the experience truly special.



How did you write Your Life on Fire?

My most creative work always happens in the mountains. That is why I go there each year for an annual retreat to plan my business.

It was no different when I started writing this chapter. There is something about being surrounded by nature. It is where my ideas fall into place. I headed to the mountains and drafted most of it while hiking, talking through my thoughts into my AirPods as I walked.

Later that night, I sat by the fire with a glass of wine and edited what I recorded earlier that day.



What does it look like to live a meaningful life? The world has become fast-paced and noisy, and many of us spend our days running on autopilot. We've forgotten what it feels like to be connected to a greater purpose. We're so busy serving everyone else's needs that we've perhaps neglected our own, and we often lose sight of what truly lights us up. *Your Life on Fire* helps you anchor in to your life's purpose and begin living it more fully. Our amazing authors share stories of love and loss and hope and inspiration that will help you . . .

- Gain clarity on your own purpose
- Understand how living with more alignment can improve your life and the lives of others
- Learn how you can take steps to live a more joyful, meaningful life

If you've ever felt lost, disconnected, or like you're just "going through the motions," this book is a must-read! These stories will inspire you to step fully into the person you were meant to be and help you make a greater impact on the world.



Kristine
Beese



Parastoo
Boroumand



Brenda
Brix



Cari
Brunton



Kelly
Caisse



Gloria
Esguerra



Krista
Frholm



Shannon
Gallagher



LisaMarie
Gauthier



Cristina
Balau-Hodgins



Hanne
Kim



Shaug hn essy
King



Melissa Lucas
Thomas



Judi
Luttrell



Danielle
Paes



Crystal
Samuels



Amber
Skidmore



Jacqueline
Smith



Erin
Tee

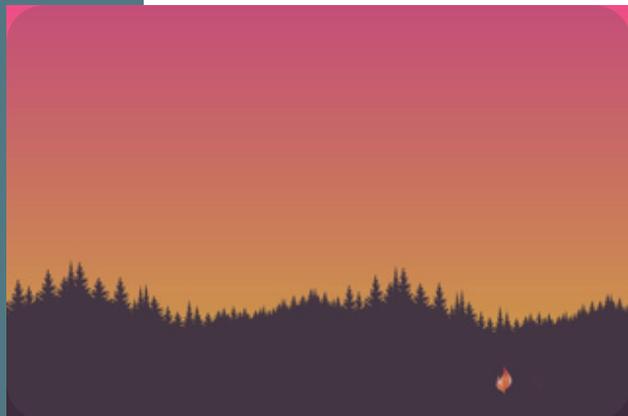


Mikki L.
Wison

*THE TRUTH IS,
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@brendabrixconsulting

In my chapter, I explore how I found alignment through boundaries, systems, and an unapologetic commitment to self-care. It meant getting clear on what truly matters and saying no to the things that didn't make that list. That clarity changed everything in my life and in my work.



Finding alignment gave us the space to pursue passion projects, such as developing Brix & Co, our sustainable furniture line. We are thrilled to share that our work on Brix & Co was recognized with the Best in Furniture Design by Modern Luxuria.

[Learn more at www.brixandco.com](http://www.brixandco.com)





EXPERT

DESIGN

ADVICE

[BLOG HIGHLIGHT](#)

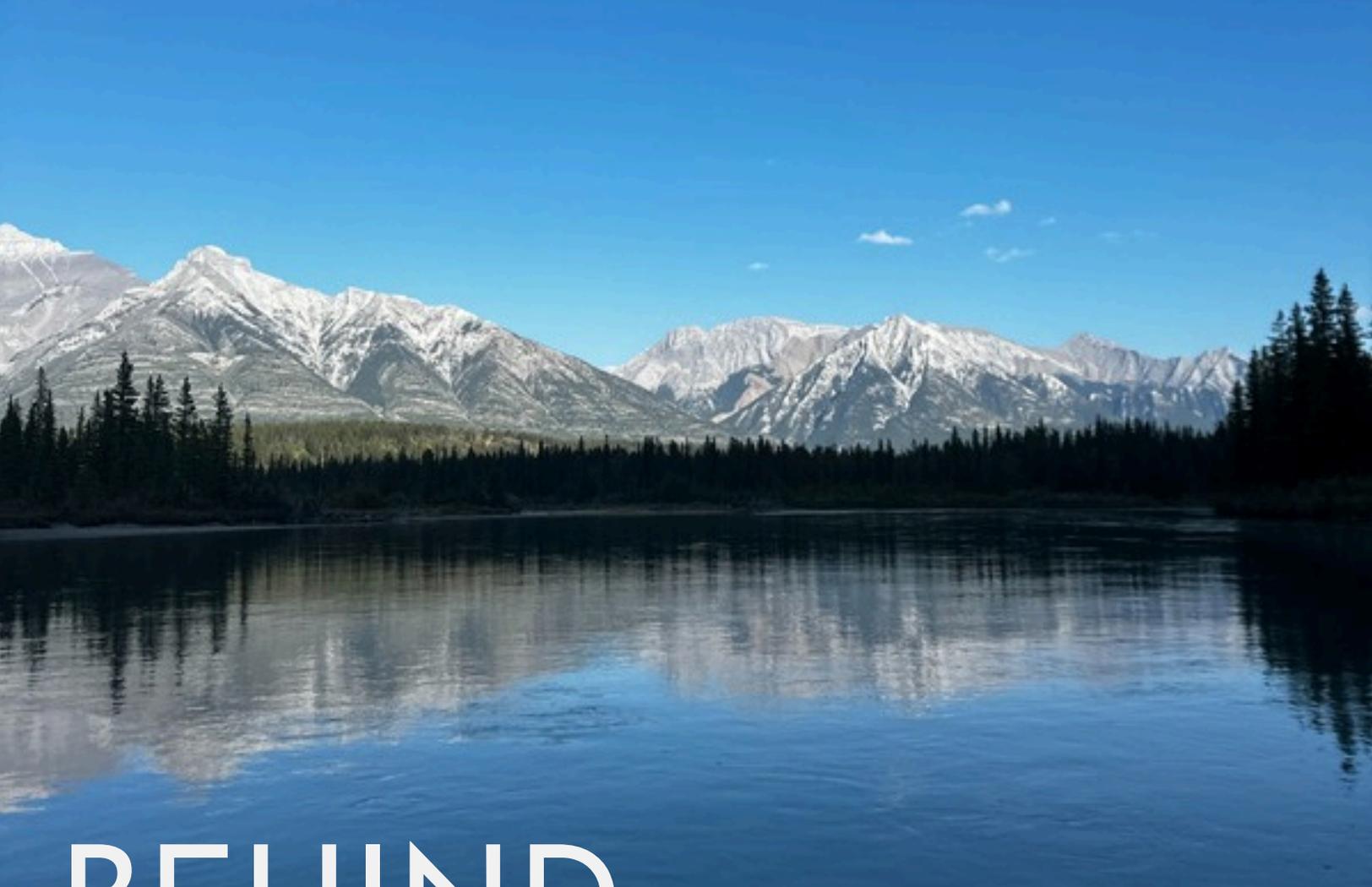
2025 Holiday Gift Guide

The holidays have a way of reminding us what matters most: connecting with the people we love and finding joy in giving with intention. Our Holiday Gift Guide was created with that spirit in mind.

From meaningful experiences and handcrafted pieces to heartfelt reads like *Your Life on Fire*, each item was thoughtfully chosen.

No matter who you're shopping for, you'll find a local favourite that inspires joy and reminds us what it means to feel connected.

[LEARN MORE](#)



BEHIND THE DESIGN

How to Find Alignment as an Entrepreneur

Life pulls us in countless directions, and we're told to "find balance". Our best attempts to balance our careers, businesses, work, family, and personal time often leave us stretched thin.

What if balance isn't about dividing your time evenly, but about being fully present where it matters most?

Drawing from my own journey as a designer and entrepreneur, this blog explores how structure, boundaries, and intention can create space for a life that feels calm, creative, and aligned.

[LEARN MORE](#)



Brenda Brix - Creative Director

Brenda Brix is one of Alberta's leading home renovation experts and is an award-winning interior designer with more than 20 years' experience.

Brenda is involved in every aspect of remodelling: from plans to material selections to working with contractors and overseeing the implementation of the design, furnishings, and finishing touches. She is known for her attention to detail and outstanding customer service.

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