

Small-business selfies

Here's to your home – and your health

Here's the designer behind Anne Buresh Interior Design at work in Charlotte. Buresh's business offers services for residential and commercial environments.

She writes: "The best gift you can give yourself is a well-designed home or office. That's an environment that is well thought out with a layout for functionality that reflects your personality. Sometimes people don't realize how much of an effect that has on your sense of well-being, productivity and even health."

See more at AnneBuresh.com.

We're sending Buresh a ShopTalk travel mug. Send us your selfie, and you could win a travel mug, too. Use your mobile device to take candid photos of yourself in your business, showing off what you do in your environment. You can ask someone to take photos of you, too, but we don't want professional shots. We're looking for candids that capture the selfie spirit.

Go to charlotteobserver.com/shoptalk to upload your photos. The best photos will run here each week.



ANNE BURESH

SEND US YOUR SMALL-BIZ SELFIES

Upload photos of yourself at work at charlotteobserver.com/shoptalk.

A well-designed personal space can have a positive effect on one's health, notes Anne Buresh of Anne Buresh Interior Design.