

Land of ochia

TRAVEL

WHAT TO DO IN
PARIS WHEN
YOU'RE TIRED OF
DOING PARIS

PRACTICAL DESIGN RULES FOR
A DREAM HOLIDAY PANTRY

COOKIES AND CREAM
ON MY NEAT SHELF

BEHIND THE SCENES

ADRIANA
ON STAGE AT IDS



ENTER

FALL 2025
ISSUE NO.16



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FAMILIARITY

... and defamiliarization...



WHAT TO DO IN PARIS

when you're tired of doing Paris

COOKIES AND CREAM ON MY NEAT SHELF

Practical design rules for a dream holiday pantry

FALL NEWS

Credentials, Caution, and Free Tool

Last week, I opened a cabinet I've opened a thousand times. Same shelf. Same jars. Same reach. And still—something fell out. A jar tilted, rolled on its edge as I probably closed the door onto it last time.

Domesticity is like that. A small infrastructure we reliably lean on to do our bigger things outside it.

This issue is for the practical, the intentional, as Moira Davies starts us where real life actually happens: the pantry. Not a Pinterest performance, but a daily scheme that protects attention and makes cooking feel easier. A good pantry stores bandwidth.

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Carlotta Parker takes you behind the scenes into something I'm quietly proud of, as the long bridge I've crossed over the years finally becomes visible: from early neuroscience-informed architecture work in the 90s, when it did not even have a name, to positive psychology, to Harvard sleep specialization, to the space and tools I've built in preventive health to help others—that feels like the real success.

And if you're traveling any time soon, Giuseppina does what she does best: she takes you to Paris, but not the loud Paris—the version you meet when you move along with others to see the sites and check your lists; one that slows you down to fewer things, and makes the city bond with you.

Happy fall!

Adriana Mot.



WHAT TO DO IN PARIS WHEN YOU'RE TIRED OF DOING PARIS

By Giuseppina Chiara

You don't need just another list of what to run through in Paris.

Over the years, I've learned that the best version of a city appears when you slow down.

Paris used to mean a daytime staccato of bistros, galleries, and vintage shops. Here's how I do Paris now— I walk more and plan less. I eat earlier. I pick fewer things.

Here is the list for that.



GIUSEPPINA'S PARIS TRAVEL TIPS

PARIS IS BEST AT STREET LEVEL | SKIP THE METRO FOR SHORT DISTANCES—WALK OR RIDE A CITY E-BIKE INSTEAD.

SPONTANEITY IS THE NEW ITINERARY | BOOK ONE RESERVATION PER DAY. LEAVE THE REST OPEN.

DON'T OVERPACK | EVERY QUARTIER HAS A CHEMIST, A CAFÉ, AND ENOUGH BEAUTY TO MAKE UP FOR ANYTHING YOU FORGOT.

BONJOUR PARIS







WHERE TO STAY

Pavillon Faubourg Saint-Germain – Boutique meets literary charm in the 7th arrondissement. Newly restored, cozy, and just steps from everything—yet outside of the tourist funnel. The spa downstairs? ... one of the quietest in the city.

Hotel des Grands Boulevards – If you’re craving more energy, this one’s for you. Central but set back, with plant-filled courtyards and excellent bedding. PRO TIP: book the breakfast even if you don’t sleep there.



WHERE TO EAT



Early lunch at Mokonuts – It's tiny. You have to reserve. This Lebanese-Japanese-French hybrid spot near Bastille serves the kind of food that redefines “homemade.” The cookies are basically famous.

Dinner at Septime – Yes, it's on every foodie list, and yes, it's still worth it. But the magic isn't just the food—it's the soft-spoken service and how the space lets you think. Book well in advance.

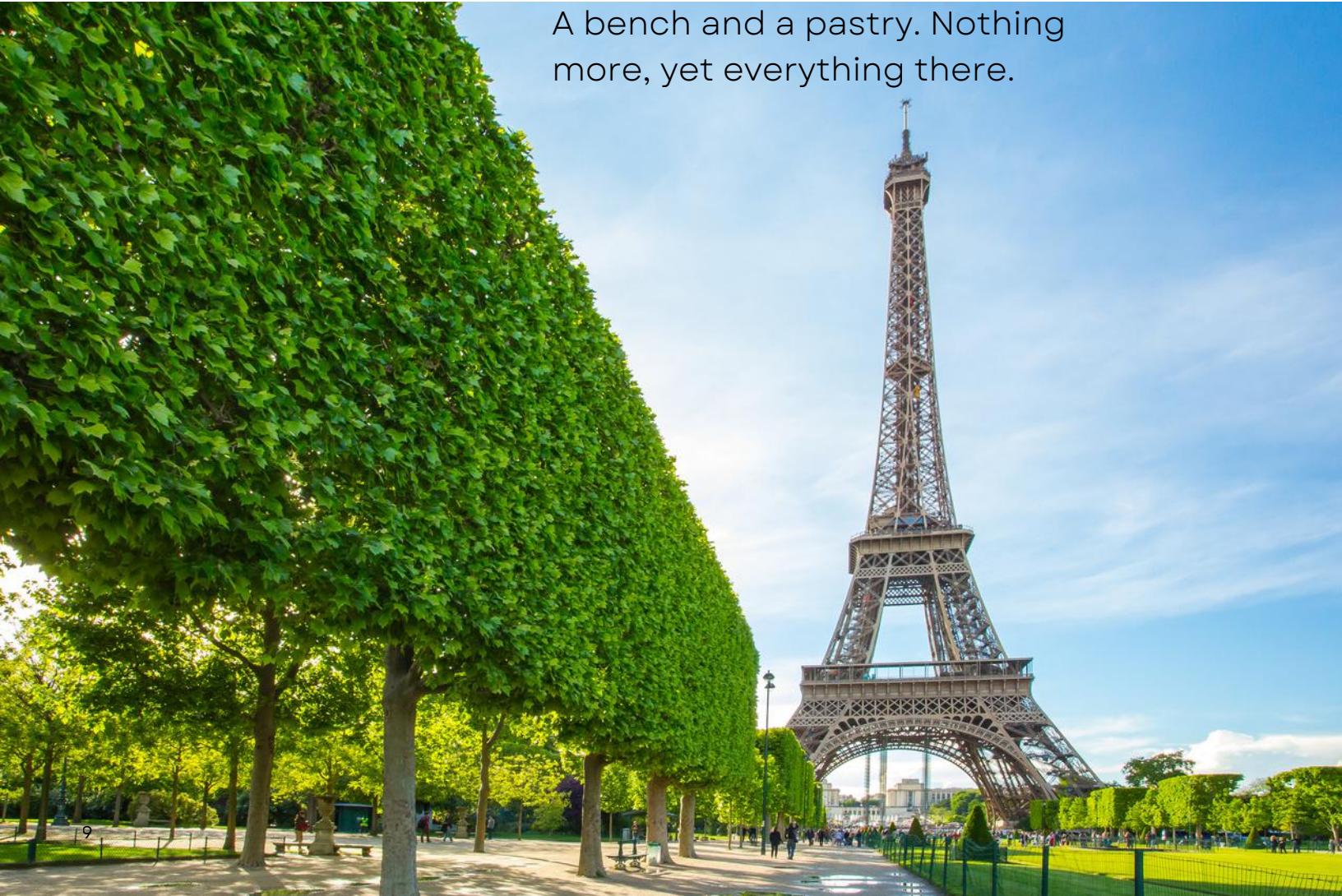
A glass of wine at Le Mary Celeste – Because sometimes, sitting still is the best itinerary.



WHERE TO BREATHE
(AND SEE SOMETHING BEAUTIFUL)

FONDATION LOUIS VUITTON –
GEHRY'S SAILS. HOCKNEY'S
DIGITAL SPRING. A REMINDER THAT
ART AND ARCHITECTURE CAN
HOLD THE MIND AS MUCH AS THEY
PLEASE THE EYE. DID YOU READ
JAMES' ARTICLE IN LAND OF
DOCHIA SUMMER 2025
MAGAZINE?

Parc Monceau, late morning –
Locals. Light.
A bench and a pastry. Nothing
more, yet everything there.



PARIS BEAUBOURG



A TOUT A L'HEURE





Selftropic **Travel**

Travel done right can be therapeutic.

Studies show that seeing ordinary life through an unfamiliar lens—can heighten attention, memory, and decision clarity.

Ready to make your travel good for your health?







COOKIES AND CREAM ON MY NEAT SHELF

Dr. Moira Davies

Lifestyle Coach



A glimpse through the door left ajar, catches a lit-up shelf. Glass reflecting a stack of holiday plates. The pantry reveals more about daily life than almost any other space in your home. It sits between intention and habit. It absorbs rushed mornings, late-night snacks, family chatter, and whispered shopping lists. It makes cooking feel lighter. A good pantry, that is....



1. Organize for cognitive ease

Whether your pantry is a single cabinet or a walk-in room, clarity matters. Decanting dry goods into clear, uniform containers with consistent labeling reduces visual noise and decision fatigue. Research on environmental psychology consistently shows that visible order reduces low-grade stress and improves task efficiency, especially in repetitive daily activities like cooking.

2. Use solid doors for everyday function

If space allows, full-height, wall-to-wall cabinetry is ideal for daily staples. Solid doors create visual rest and contain clutter, which is particularly important in open-plan kitchens where the pantry sits in constant peripheral view. This separation allows the kitchen to feel calm even when the pantry is stacking high behind the scenes.

3. Turn rarely used items into quiet anchors of familiarity

Glass-front cabinetry allows enjoyment but works best when it's selective. Display items with emotional or seasonal value—crystal passed down through generations, holiday serving pieces, or objects tied to memory rather than frequency of use.



Fall news

By Carlotta Parker



Hi friends—

When the doors open at the upcoming Interior Design Show, it won't be just another talk slot – it will be a statement.

Adriana Mot has been invited as a featured speaker at IDS Toronto 2026, one of North America's largest and most influential design forums. This January, she will present *Selftropy™*, her science-based framework exploring the relationship between space, behaviour, and wellbeing, to a community hungry for new paradigms in how designers work, live, and thrive.

In a program known for spotlighting where design is heading next, her inclusion signals a growing recognition that health, neuroscience, and daily life now sit at the centre of contemporary design discourse.

IDS is not just a design fair

It is the centrepiece of Canadian design discourse, connecting legacy voices and emerging innovators under one roof.

In a program filled with architects, product makers, and creative leaders, Adriana's session on life-work balance through Selftropy stands as a rare synthesis of psychological science and spatial practice – evidence of how wellbeing has become central to contemporary design.

Adriana's journey to this moment is far from linear, and that is precisely what makes it compelling.

In 1999, long before neurodesign entered the lexicon, she won a neuroscience-inspired architectural competition in Japan – a prescient glimpse of how environment and brain function intersect.

From there, her path folded through culture and communication studies, eventually leading to a formal certificate in positive psychology and advanced specialization in sleep and mental health at Harvard. What others saw as discrete fields, she wove into a cohesive lens: the human experience shaped by space, story, and rhythm. Today, that lens is Selftropy – a framework that honours neuroscience, human behaviour, and the lived experience of design rather than surface aesthetics alone.

SEE ADRIANA AT IDS TORONTO SHOW

TICKETS & REGISTRATION

THE INTERIOR DESIGN SHOW

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EXHIBIT

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ONTO - INTERIOR DESIGN DW

REGISTRATION



This evolution – from early curiosity to disciplined inquiry – positions Adriana uniquely in a profession that is broadening from decoration to holistic wellbeing design.

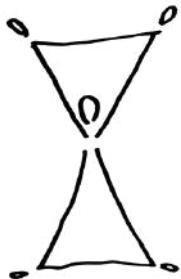
Her ongoing research in chronobiology and behavioural health positions Selftropy™ at the intersection of body, brain, and environment, that helps designers build sustainable creative lives and healthier daily rhythms.

SELF TROPY SLEEP RESET PROGRAM



Equally important, Adriana's Sleep Reset Program is now up and running – a guided approach to recalibrating your sleep patterns with spatial, behavioural, and lifestyle strategies grounded in science. For anyone struggling with inconsistent rest, stress, or the quiet fatigue that undercuts creative work, this program is a strategic reset, designed to restore both sleep and daily balance.

Learn more and join the Sleep Reset Program: visit the Sleep Reset landing page on the Land of Dochia site and begin your reset with tools that are practical, evidence-based, and deeply attuned to how space and behavior shape wellbeing.



L^AT_{ND} oF dochia

L I F E S T Y L E

wellbeing, interiors, travel, food, selftropy™



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dochia media | pixabay | dochia media AI | IDS fair use

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ISSN 2817-1098

Published by Dochia Media

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