

# Finding the Right Place for a Home Office

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Earlier this year, I faced a conundrum that many of us who work from home know well: Where in the house can I actually work?

Unless you're blessed with a home large enough for a dedicated office, or are a truly nomadic worker and able to set up shop on a sofa with nothing more than a cup of tea and your laptop, you're inevitably going to have to carve out space in a room that isn't naturally intended for work.

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Sure, it's nice not to have to get dressed and get on the train every morning. But the arrangement can quickly lose its luster. A [2015 study](#) published in "Psychological Science in the Public Interest" found that telecommuting can blur the lines between work life and family life, leading to family conflict, while also leaving workers feeling socially and professionally isolated. You know what's isolating? Sitting alone all day in a basement, accompanied only by the low rumble of the boiler.