

# Recessed Lighting Ebook

Many kitchens have florescent lighting which sometimes does not produce enough light and cast shadows on top of the counter tops, right where you want to work. If you can gain access to the area above the kitchen or other areas where more lighting is needed, you can spend a day or two and add recessed can light fixtures thereby eliminating the unwanted shadows.



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The addition of recessed lighting in a home frequently turns out to be a very favorable improvement. Accomplishing this feat is not as hard as you may think. Keep reading to find out how to add recessed "can" light fixtures (or housings) to a ceiling in your home.

In order to install recessed can lights in your ceiling it is great if you have access to the area directly above the room. Here is a picture of the attic space above my kitchen, where I wanted to add new lighting.



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The next image is a picture of the area where the old soffit was

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