Let’s gather all the knowledge from this chapter into useful rules.

****Timestamps:****

* 00:00 - Intro
* 00:19 - Think in Greyscale
* 01:06 - #1 Readability
* 01:43 - #2 Contrast at Story Points
* 02:14 - #3 Avoid Distracting Contrasts
* 03:11 - #4 Use Negative Space
* 03:35 - #5 Foreground, Midground, Background