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The essence of sustainability in buildings is their capability to adapt to change over time. The UK has a large housing stock that has been developed and evolved over generations, and become the fabric and character of our cities, towns and neighbourhoods. The capability of buildings to adapt to changing lifestyles is the root of their sustainability. When buildings do not adapt they are disposed of, since it is only active use that confers value. It is only value that provides necessary investment for renewal. This book presents a series of innovative and best practice case studies of residential low energy retrofit projects, and illustrates what has been achieved in practice in the UK. Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better. Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle. This handbook holistically summarises the principles for the energy retrofitting of historic buildings, from the first diagnosis to the adequately designed intervention: preservation of the historic structure, user comfort, and energy efficiency. The content

was developed by an interdisciplinary team of researchers. The wide range of different expertise, design examples, calculations, and measuring results from eight case studies makes this manual an indispensable tool for all architects, engineers, and energy consultants. This text provides information on using windows to best advantage. Readers will find instructions on calculating, specifying, and installing hard and soft window treatments, plus residential and non-residential treatments. "The construction industry is a vibrant and active industry. The building sector is responsible for creating, modifying and improving the living environment of humanity. On the other hand, construction and buildings have considerable environmental impacts, consuming a significant proportion of limited resources of the planet including energy, raw material, water and land. Therefore, the sustainability of the built environment, the construction industry and the related activities is a pressing issue facing all stakeholders in order to promote Sustainable Development. The new millennium is challenging practitioners and researchers with the sustainability of the built environment and the construction industry. Hence, the main purpose of this publication is to discuss these challenges and present solutions that actively facilitate and promote the adoption of policies, methods and tools to accelerate the movement towards a global sustainable built environment. The issues presented include: Building sustainability assessment tools; Indoor environment quality and benchmarks; Sustainable resources and materials use; Use of non-conventional materials; Use of industrial waste; Eco-materials and technologies; Sustainable management of existing building stock; Innovative sustainable construction systems; and Design." "On Learning from the Patient is concerned with the potential for psychoanalytic thinking to become self-perpetuating. Patrick Casement explores the dynamics of the helping relationship - learning to recognize how patients offer cues to the therapeutic experience that they are unconsciously in search of. Using many telling clinical examples, he illustrates how, through trial identification, he has learned to monitor the implications of his own contributions to a session from the viewpoint of the patient. He shows how, with the aid of this internal supervision, many initial failures to respond appropriately can be remedied and even used to the benefit of the therapeutic work. By learning to better distinguish what helps the therapeutic process from what hinders it, ways are discovered to avoid the circularity of pre-conception by analysts who aim to understand the unconscious of others. From this lively examination of key clinical issues, the author comes to see psychoanalytic therapy as a process of re-discovering theory - and developing a technique that is more specifically related to the individual patient. The dynamics illustrated here, particularly the processes of interactive communication and containment, occur in any helping relationship and are applicable throughout the caring professions. Patrick Casement's unusually frank presentation of his own work, aided by his lucid and non-technical language, allows wide scope for readers to form their own ideas about the approach to technique he describes. This Classic Edition includes a new introduction to the work by Andrew Samuels and, together with its sequel Further Learning from the Patient, will be an invaluable training resource for trainee and practising analysts or therapists."-- Offering

fresh and exciting approaches to solving global problems, this book creatively views challenging social issues through the lens of racial and ethnic psychology. • Utilizes concepts of racial and ethnic minority psychology to address important issues of the 21st century, offering unique insights into the nature of today's real-world problems • Presents racial and ethnic psychological perspectives on topics such as media, the criminal justice system, sexual orientation, poverty, climate change, and sustainability • Provides much-needed alternative perspectives on human behavior other than the theories, systems, and practices that are largely derived from Anglo-American research using white subjects

THE ECOLOGICAL ENGINEER is a new book series that celebrates the most innovative engineers in North America and the practices and principles that they use to produce functionally outstanding structures, systems and technologies, in a way that embraces the emerging philosophy of sustainable design. Organized into three critical sections--Practice, Principles and Projects, the book provides a valuable resource and touchstone for engineers, architects and other design professionals who hope to embrace an ethic that is responsible to both people and the environment.

VOLUME ONE: KEEN ENGINEERING focuses on the innovative work of one of the leading sustainable MEP firms in North America--KEEN Engineering. As mechanical, electrical and plumbing engineers who work on projects all over the continent, they have consistently been inspiring on multiple levels--as a company, as individuals and just by the sheer volume and quantity of their work.--Provided by publisher.

Economical, ecological: designing and building with straw. Building with straw bales is a technique pioneered a century ago in the state of Nebraska. In recent years there has been a renaissance in the use of straw as a building material largely in the American Southwest, but also in Canada, France, Holland, Germany, Austria and China. Straw is a renewable resource with excellent insulating properties. It is a cheap and easy-to-use option for self-builders, and even large-scale structures can be erected using timber frame-work filled with straw. This book is a practical, hands-on guide to building with straw. Fire safety, protection against moisture, damp, pests and parasites are treated in detail. Numerous on-site photos document the process of assembly and construction step by step. 30 exemplary international projects illustrate the wide spectrum of design possibilities with straw.

Aging in the Designed Environment is the key sourcebook for physical and occupational therapists developing and implementing environmental designs for the aging. The physical environment remains one of the most overlooked areas in environmental design. In order to move beyond this status quo, persons responsible for planning elderly environments must develop a new understanding of ways in which their influence can improve the older adult's physical and mental functioning. Occupational and physical therapists, as well as other health care professionals, will benefit tremendously from the information presented in this unique volume. Designers, developers, and others with minimal health care background will also find a wealth of possibilities within Aging in the Designed Environment. Many concerns are dealt with in the book's five sections. The first section describes the implications that occur when there are changes in vision, hearing, taste, smell, touch,

and the kinesthetic systems. Recommendations for environmental adaptation and modifications which may compensate for the changes in each of these systems are suggested. The second section stresses the relationship between behavior and environment. A variety of environmental attributes--comfort, privacy, accessibility, control, security, dignity--and their impacts are discussed, along with information on ways that attributes can be incorporated into the living settings of older people. In section three the focus is on the older person living independently in his or her own home, and section four covers exclusively the design and selection of chairs for older adults. New ways to assess and evaluate the home to promote independence beyond the traditional activities of daily living are addressed. The last section deals with redesigning the existing long-term care facility. The author examines some of the environmental conditions existing in specific facilities and provides recommendations to compensate for these circumstances. Energy usage and consumption continue to rise globally each year, with the most efficient and cost-effective energy sources causing huge impacts to the environment. In an effort to mitigate harmful effects to the environment, implementing clean energy resources and utilizing green energy management strategies have become worldwide initiatives, with many countries from all regions quickly becoming leaders in renewable energy usage. Still, not every energy resource is without flaws. Researchers must develop effective and low-cost strategies for clean energy in order to find the balance between production and consumption. The Research Anthology on Clean Energy Management and Solutions provides in-depth research that explores strategies and techniques used in the energy production field to optimize energy efficiency in order to maintain clean and safe use while delivering ample energy coverage. The anthology also seeks solutions to energy that have not yet been optimized or are still produced in a way that is harmful to the environment. Covering topics such as hydrogen fuel cells, renewable energy, solar power, solar systems, cost savings, and climate protection, this text is essential for electrical engineers, nuclear engineers, environmentalists, managers, policymakers, government officials, professionals in the energy industry, researchers, academicians, and students looking for the latest research on clean energy management. This is the first and only reference volume covering the subject of windows in depth - no other book offers this wealth of practical detail. It is highly accessible, written for both the professional and interested layperson. Written by a team of 15 experts - surveyors, structural engineers, craftsmen and conservators describing their own approaches to specific materials, problems and designs. It includes over 400 illustrations in colour and black and white, from a wide range of sources, including historic drawings, paintings, pattern books, textbooks, manufacturers' catalogues and contemporary and archive photographs. It is an invaluable asset for everyone involved with windows on a daily basis, combining the knowledge of leading historians and experts in the field of window conservation. The window is a familiar yet surprisingly complex feature, with a rich history that has not, up until now, been explored in any great depth. This encyclopaedic work is both a fascinating exploration of the history and development of the window, and a practical

hands-on guide to their care and preservation. Part 1 covers the history of the window including the development in glass technology. It also provides an illustrated glossary of window types. Part 2 reviews the changes in policy and legislation and discusses structural issues, decay mechanisms and the current stringent performance standards and how they affect historic windows. Part 3 focuses on the materials used in the construction of windows and the craft of leaded glazing. It details the appropriate techniques for repair and conservation. Windows is fully illustrated in both colour and mono to include over 400 high quality illustrations. AIOLOS is a computational tool for the calculation of the airflow rates in naturally ventilated buildings. Includes "Hospital Calendar," a list of scheduled medical meetings. Casement, having held divers high appointments under the British Crown, having been knighted for his services, and having retired on a pension, upon the outbreak of hostilities proceeded to Germany where he was actively employed in inciting the Irish prisoners of war to join the German arms against England. The frustration of his attempt to run men, arms and ammunition with a view to raising a rebellion in Ireland reads more like some tale of strange adventure than sober history. The speech by Casement from the dock after conviction is one of the most dramatic in the annals of British procedure. The editors and contributors to Fine Homebuilding magazine have combined to show homeowners how to save money and provide greater comfort in their houses. This cleverly illustrated volume by Alfred Noyes offers a literary selection of poetry that reference fairies in all their shapes and forms. Along with works by Noyes, The Magic Casement also features selections by William Shakespeare, Rudyard Kipling and G. K. Chesterton. Noyes allows the reader to traverse new, fantastic worlds filled with water lilies, humor, love and magic. Alfred Noyes (1880-1958) was a prolific writer who was able to move successfully across several genres. Though he began in poetry, he also wrote screenplays, science fiction novels, ballads and short stories. He did a great deal of traveling and lecturing, spending time in his birth country of England as well as the United States, Canada, various points in South America, and eventually returning to the Isle of Wight where he spent his final years. He wrote numerous works, including The Loom of Years (1902), a biography, William Morris (1908), Some Aspects of Modern Poetry (1924), The Last Man (1940) and his autobiography, Two Worlds for Memory (1953). This edition has large margins to allow for reader notations. An essential toolkit that helps students, qualified nurses and other healthcare professionals to become confident reflective practitioners. Developing Reflective Practice is suitable for students and practitioners in a variety of fields, including nursing, psychology, social work, therapeutic child care, and education. The book offers a simple three-stage reflective cycle that will enable students and practitioners to incorporate reflective practice into their workplace and to help them feel confident and competent when confronted with complex and emotionally demanding situations in their practice. Introduces reflective practice and provides a range of reflective methods and techniques. Invites readers to acquire and develop skills by working through practical reflective activities. Illustrates concepts and techniques with extended worked examples. Encourages structured

reflection with journal exercises. Provides practical advice on team working, case supervision and recognising and avoiding stress and burnout. Students and qualified practitioners will benefit from reading this book and working through the reflective exercises that accompany the text. From Reviews: "...In this book the clinical psychologist Natus Oelofsen describes the processes of learning and the three-step reflective cycle, explaining how keeping a reflective journal offers insights into self and behaviour, and using critical analysis to reflect on even ordinary, everyday incidents. He shows how the insights of understanding help our interactions with patients and colleagues. Reflection helps us work together, offer support and see where we are able to fit in as team members. The chapter 'All for one and one for all: building supportive teams' is particularly illuminating. There is so much in this book, including getting the most from supervision, ethical issues and dealing with work-based stress, as well as exercises, activities and case examples." Nursing Standard, Vol. 26, No. 48, August 2012 "Developing Reflective Practice is a thorough and concise book enabling students, qualified nurses and any other health professional to become confident reflective practitioners within their own field.... A well-written and educational tool particularly for a nursing student and even a social work student." Nursing Times, 11 October 2012 This book is the third of four dealing with bioclimatic design and construction by focusing on the most basic and polyvalent of modern environmental systems: the bioclimatic greenhouse, the "Swiss-army chainsaw" of architecture. More specifically, this third volume focuses on how the envelope of bioclimatic wooden greenhouses may be designed and built. In more general terms, it helps us to consider how to design and build the transparent and opaque enclosures of bioclimatic, low-energy architecture, with low environmental impact. This multi-volume book covers both free-standing greenhouses that can naturally heat and cool themselves, and lean-to greenhouses that support the natural heating and cooling of buildings; this includes both agricultural greenhouses and greenhouses suited to host people. As a result, it is a trans-disciplinary work deriving its areas of concern from a broad range of study areas, spanning from environmental, to constructional, to structural, drawing the clarity of the approach from the fact that the topics are presented by a single author with a single voice and a designer's mindset. To achieve this, the book adopts a composite set of explanatory strategies and communication registers – including extensive support by 3D construction drawings and examples – and presents not only state-of-the-art solutions, but also experimental ones. Completely updated and revised: the latest in window & bed covering ideas, and now with an extensive Bed Covering section, The Encyclopedia Window & Bed Coverings is Charles Randall's newest creation based upon his original masterwork: The Encyclopedia of Window Fashions. This new book continues the tradition of blending historical, classic and contemporary offerings. The Encyclopedia of Window & Bed Coverings is a must have for interior designers, homeowners, and decorating enthusiasts alike. With more full-color and black & white illustrations than ever before, this book presents countless combinations of window and bedding treatments for any room in the home: from a simple rod pocket curtain to a

period style masterpiece. 304 pages of cost-saving ideas, yardage calculations and fullness charts, you will quickly see why this book has not only become the industry standard for window decor inspiration, but also the world's best-selling window decorating book.

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