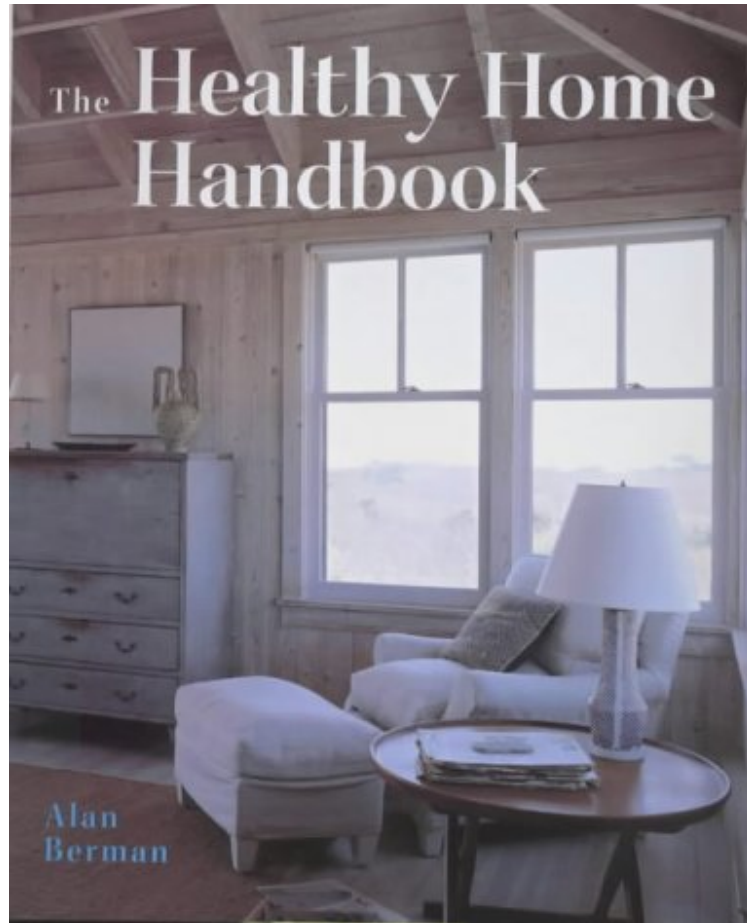


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The Healthy Home Handbook: Eco-friendly Design

Alan Berman

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Alan Berman : The Healthy Home Handbook: Eco-friendly Design before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Home Handbook: Eco-friendly Design:

With the global warming crisis hitting the headlines with alarming regularity, this book simply could not be more timely. Now more than ever it is of vital importance to assess not only how we can make our homes more eco-friendly but also the implications these changes will have for our living environment. Ironically, the new energy-efficient, draft-free buildings we live in, so vital to the health of the planet, can be detrimental to our own health and that of our families. In The Healthy Home Alan Berman meets the challenge of creating an eco-friendly home without compromising on style or quality of life. He shows how small changes - like improving air quality by opening the windows more - can make all the difference to the environment we live in. The book is comprehensive in scope. Chapter One shows how to assess the risks, including what to look for and what can be changed; Chapter Two spans

heat, light and air, from how to minimize heat loss and maximize natural light, to how to increase air flow, improve air quality, reduce condensation and insulate against outside noise; Chapter Three covers home decorating materials (including options for flooring, walls, furniture and fabric, and the use of salvage and recycled materials); Chapter Four supplies a wealth of information about household appliances and chemicals, and their effect on environment and health.

About the Author Alan Berman practises as an architect in Oxford. He has extensive experience of renovating older properties, as well as in the design of new buildings and interiors. He has also taught at several architectural schools and is a regular contributor to architectural periodicals. He is the author of *The Complete Book of Floors* (Frances Lincoln), described by *The Times* as providing 'a well-laid path through the maze of surfaces beneath our feet'.