

## Concrete Solutions Hardcover

Concrete Solutions: Construction and Peacebuilding The Hempcrete Book Concrete Solutions '99 Building Construction Cost Data Murakami Haruki Fibrous Concrete Therapy with a Coaching Edge Superhydrophobic Coating - Recent Advances in Theory and Applications Sprayed Concrete Means Building Construction Cost Data, 1995 Low Impact Building Engineered Concrete Solutions 1996 Writer's Market Means Heavy Construction Cost Data Means Building Construction Cost Data Sustainable Concrete Solutions Engineered Concrete Solutions Means Facilities Construction Cost Data Means Labor Rates for the Construction Industry Lightweight Concrete Deutsche Gesellschaft für Internationale Zusammenarbeit William Stanwix Portland Cement Association Michael Seats Concrete Society Lynn Grodzki Junfei Ou Concrete Society R. S. Means Company, Incorporated Tom Woolley Building Research Association of New Zealand Mark Garvey Costas Georgopoulos Cement & Concrete Association of New Zealand Concrete Society

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a comprehensive practical manual for professionals and self builders this innovative book explains the many benefits of building with hempcrete hempcrete is a building material with excellent environmentally friendly properties it s made from lime and hemp shivs a waste product from hemp fibre growing and can be used for walks floor and roof insulation hempcrete is breathable absorbing and emitting moisture this helps regulate internal humidity avoiding trapped

moisture and mould growth and creating healthier buildings it provides excellent acoustic and thermal insulation and it is lightweight which reduces construction costs whether you re working on a new build or are planning a renovation the hempcrete book tells you everything you need to know to get started with hempcrete it describes how to source and mix it and provides a detailed account of construction techniques highlighting potential pitfalls and how to avoid them with fully illustrated design notes and examples of completed builds this book is a powerful tool for any eco builder

in his book murakami haruki dr michael seats offers an important philosophical intervention in the discussion of the relationship between murakami s fiction and contemporary japanese culture breaking through conventional analysis seats demonstrates how murakami s first and later trilogies utilize the structure of the simulacrum a second order representation to develop a complex critique of contemporary japanese culture by outlining the critical fictional contours of the murakami phenomenon the discussion confronts the vexing question of japanese modernity and subjectivity within the contexts of the national cultural imaginary seats finds mirroring comparisons between murakami s works and practices in current media entertainment technologies indicating a new politics of representation murakami haruki is a critical text for scholars and students of japanese studies and critical theory and is an essential guide for those interested in modern japanese literature

bringing coaching skills to a therapy practice and clients in therapy with a coaching edge professional practice guru lynn grodzki offers a new paradigm changing therapy model adding the leverage and action of a coaching approach to the wisdom and goals of psychotherapy this book presents a set of powerful coaching strategies that have been adapted and designed specifically for therapy to provide more reach and range for therapists and counselors while not requiring a wholesale abandonment of therapeutic principles using this model therapists at all levels of experience can promote behavioral change without insisting on homework or rigid protocols clients can spot results in each and every therapy session resistance to treatment often softens and client retention improves grodzki gives new and veteran clinicians the skills to not only improve client outcomes but also energize themselves as practitioners therapists feel empowered as they learn to ask compelling questions that generate ah ha moments they help clients go beyond a discussion of symptoms to explore topics of core values they show clients how to make decisions based on both necessity and a vision of a better future the model provides readers with just in time learning to identify a skill when it is needed an then immediately apply the steps in a session grodzki an expert psychotherapist and master certified coach has proven herself to be a trusted voice for therapists through her writing and workshops she makes the steps to using a coaching approach understandable by offering lively case examples your turn exercises and sample scripts to give her readers the confidence and context to move forward

bio inspired superhydrophobic coatings exhibit exceptional nonwetting properties characterized by a large contact angle and minimal contact angle hysteresis as a result they have generated significant interest across diverse fields this book explores advancements in superhydrophobic coatings including their fabrication and application it specifically addresses environmentally friendly chemicals for fabricating superhydrophobic coatings moreover it delves into the application of superhydrophobic coatings in various scenarios including anti icing anti biofouling and gas liquid separation by addressing these topics the book offers a comprehensive overview of the historical background and progress made in the realm of superhydrophobic coatings furthermore it serves as a rallying call to scientists worldwide urging collaborative efforts to overcome development barriers and explore new application domains for the lotus inspired superhydrophobic coating

the acknowledged bible of the industry this reference tool offers unchallenged unit price reliability in an easy to use arrangement whether used for complete finished estimates or for periodic checks it supplies more cost facts better and faster than any comparable source over 20 000 unit prices for 1995 unit cost data is organized to conform to the construction specifications institute csi masterformat

this guide to the designs technologies and materials that really make green buildings work will help architects specifiers and clients make informed choices based on reliable technical information low impact building housing using renewable materials is about changing the way we build houses to reduce their carbon footprint and to minimise environmental damage one of the ways this can be done is by reducing the energy and environmental impact of the materials and resources used to construct buildings by choosing alternative products and systems in particular we need to recognise the potential for using natural and renewable construction materials as a way to reduce both carbon emissions but also build in a more benign and healthy way this book is an account of some attempts to introduce this into mainstream house construction and the problems and obstacles that need to be overcome to gain wider acceptance of genuinely environmental construction methods the book explores the nature of renewable materials in depth where do they come from what are they made of and how do they get into the construction supply chain the difference between artisan and self build materials like earth and straw and more highly processed and manufactured products such as wood fibre insulation boards is explored the author then gives an account of the renewable house programme in the uk explaining how it came about and how it was funded and managed by government agencies he analyses 12 case studies of projects from the programme setting out the design and methods of construction buildability environmental assessment tools used in the design performance in terms of energy air tightness carbon footprint and post occupancy issues the policy context of energy and sustainability in the uk europe and the rest of the world is subjected to a critical

examination to show how this affects the use of natural and renewable materials in the market for insulation and other construction materials the debate over energy usage and embodied energy is discussed as this is central to the reason why even many environmentally progressive people ignore the case for natural and renewable materials the book offers a discussion of building physics and science considering energy performance moisture durability health and similar issues a critical evaluation of assessment accreditation and labelling of materials and green buildings is central to this as well as a review of some of the key research in the field

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the challenges facing humanity in the 21st century include climate change population growth overconsumption of resources overproduction of waste and increasing energy demands for construction practitioners responding to these challenges means creating a built environment that provides accommodation and infrastructure with better whole life performance using lower volumes of primary materials less non renewable energy wasting less and causing fewer disturbances to the natural environment concrete is ubiquitous in the built environment it is therefore essential that it is used in the most sustainable way so practitioners must become aware of the range of sustainable concrete solutions available for construction while sustainable development has been embedded into engineering curricula it can be difficult for students and academics to be fully aware of the innovations in sustainable construction that are developed by the industry sustainable concrete solutions serves as an introduction to and an overview of the latest developments in sustainable concrete construction it provides useful guidance with further references to students researchers academics and practitioners of all construction disciplines who are faced with the challenge of designing specifying and constructing with concrete

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