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PDF The Art Of
Sauna Building
***The Art Of
Sauna
Building***

A Handbook for
Experience-Driven
Sauna Design For
Builders of Rustic
Sauna Cabins and
Designers of
Contemporary
Apartment
Saunas Are you

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planning a new
sauna, renovating an
old one, or just
dreaming? Do
yourself a favor. Save
your sauna project
and read this
wonderfully
illustrated book
about the design of
authentic Finnish
saunas! New research
has identified Finnish
sauna bathing as a

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source of numerous health benefits. To enjoy these effects, one needs a proper Finnish sauna. This book presents the collective wisdom accumulated by Finnish sauna builders, designers, and researchers across centuries, enabling anyone, anywhere, to design

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a pleasant bath house for family and friend to enjoy. This book provides answers to three major questions: What is a Finnish sauna? What you should require from its design? How to design a Finnish sauna in detail? The book covers all aspects needed to

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design a functional, healthy, and delightful sauna, from heating and air quality to interior design. It instructs the reader how to master both tangible and intangible, visible and invisible elements of a sauna. The book puts a special emphasis on the sauna experience,

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living up to the belief that short-term satisfaction is the first step towards long-term health benefits. It features examples of contemporary Finnish sauna design and outlines why a true sauna experience is so much more than merely 'a hot room'. Author Dr.

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Lassi A Liikkanen (Aalto University) is a designer and scholar. The book is based on five years of intensive research and interviews of key Finnish sauna experts. For his sauna-focused website at Saunologia.fi, he has authored over two hundred articles. His academic

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accomplishments include nearly one hundred peer-reviewed papers, the latest of those around sauna bathing!"Lassi Liikkanen knows good sauna design. He also knows how critical good design is to enjoying the authentic Finnish bathing experience. I

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enthusiastically support this effort to share his special knowledge and sauna wisdom with the world." Mikkel Aaland, author of Sweat, and host of the documentary series, Perfect Sweat. Whats all in this sauna book? For starters, tips for athletes and health

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benefits. And saunas made from cars, silos, and ice blocks, ancient savusaunas to state-of-the-art saunas, war saunas to peace saunas, as well as sweat-bath traditions of other cultures. There are proverbs, legends and tales, plus funny stories about the Sauna Queen,

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nakedness,
embarrassing
moments, birthing in
a sauna, and cupping,
an ancient,
mysterious
treatment. Sprinkled
among the pages are
also a few recipes to
try in the sauna. Did
forget sauna reggae?
Or where to take a
public sauna? That's
here, too, and lots

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more.

“ THE BOOK CHINA
DOESN ’ T WANT
YOU TO READ. ”

—CNN SELECTED
AS A BEST BOOK OF
THE YEAR by THE
ECONOMIST and
FINANCIAL TIMES

This “ powerful and
disturbing ” (Bill
Browder, author of
Red Notice) New York
Times bestseller is

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narrated by a man who, with his wife, Whitney Duan, rose to the top levels of power and wealth—and then fell out of favor. Whitney had been disappeared four years before, but this book led to her dramatic reemergence. As Desmond Shum was

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growing up impoverished in China, he vowed his life would be different. Through hard work and sheer tenacity he earned an American college degree and returned to his native country to establish himself in business. There, he met his future wife, the highly intelligent

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and equally ambitious Whitney Duan who was determined to make her mark within China ' s male-dominated society. Whitney and Desmond formed an effective team and, aided by relationships they formed with top members of China ' s

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Communist Party, the so-called red aristocracy, he vaulted into China ' s billionaire class. Soon they were developing the massive air cargo facility at Beijing International Airport, and they followed that feat with the creation of one of Beijing ' s premier hotels. They were

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dazzlingly successful, traveling in private jets, funding multi-million-dollar buildings and endowments, and purchasing expensive homes, vehicles, and art. But in 2017, their fates diverged irrevocably when Desmond, while residing overseas with his son, learned

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that his now ex-wife Whitney had vanished along with three coworkers. This vivid, explosive memoir shows “ how the Chinese government keeps business in line—and what happens when businesspeople overstep ” (The New York Times) and is a “ singular, highly

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readable insider
account of the most
secretive of global
powers ” (The
Spectator).

On Midsummer Eve,
1865, more than 30
Finnish and Sami
immigrants
disembarked from a
Great Lakes ship to a
place called Hancock,
Michigan. At the
time, Hancock

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consisted of nothing more than a small cluster of humble buildings, but it was here, on the outskirts of mid-19th-century civilization, that Finnish settlement in Michigan's Upper Peninsula (UP) took root. Much to the surprise of these new Americans, Midsummer was not

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a religious holiday marked by feasts in celebration of the season's prolonged sunlight. Rather, the newcomers were immediately hastened into the bowels of the earth to extract copper in pursuit of the American Dream. In short order, hardworking Finnish

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immigrants became reputable miners, lumberjacks, farmers, maids, and commercial fishermen. A century and a half later, the UP boasts the largest Finnish population outside of the motherland and sustains the determined spirit the Finns call *sisu*--an

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influence that
remains palpable in
all 15 UP counties.
The Opposite of Cold
Human Dimension &
Interior Space
Sauna Therapy
Perfect Sweat
Finnish Sauna -
Design and
Construction
The Hand-sculpted
House
The Illustrated

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History and
Description of the
Finnish Sauna,
Russian Bania, Islamic
Hammam, Japanese
Mushi-buro, Mexican
Temescal, and
American Indian &
Eskimo Sweat Lodge

This book contains
production stills and
more from the Perfect
Sweat Sauna Aufguss
episode, shot in Italy

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and Germany in 2018.

Perfect Sweat is a nine-part series, documenting the explosive rebirth of ancient sweat bathing traditions that are reviving the human spirit and changing the world. Episodes are based on the book Sweat, by Mikkel Aaland published in 1978.

Enjoy Building a New

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Sauna With The Latest 2020 Guide. Looking to build a sauna? Here's the problem, with so many books and guides out there, it's very difficult to tell which source to choose from. What makes this problem worse, is that so many guides are outdated. Most of the guides are written in 2017 or earlier. Luckily

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for you, there's now a solution! If you want to build a sauna with the most up to date information, then this book (c) 'How To Build A Sauna Handbook' is perfect for you. With hours of research, testing, and on the job learning, this book features:

- A comprehensive and easy to read guide made in

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2020 - 7 mistakes most builders make when building a sauna and how to avoid it - A simple step by step process to plan and install your own sauna - How to "deck out" your sauna and impress all of your friends - And much more So if you want to build a sauna with the most up to date information, then click

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Buy Now/Add to Cart today, to start building the sauna of your dreams.

If you are about to build a sauna but do not happen to have a Finn available then you will find this book really useful! It represents the best of Finnish expertise in sauna design. The information it contains relies on a long

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tradition, practical experience that has developed over generations and which in recent decades has been complemented and updated by professionals in the field. Finnish Sauna: Design and Construction is a definitive authority for those building a sauna for themselves. The

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book presents in detail the design of the sauna spaces, their construction, and vital elements such as sauna benches and furnishings. It also discusses the properties of different sauna stoves and how to choose one. At the end of the book, four gems of Finnish sauna architecture are presented, each uniquely

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realised. The book provides the basis for a successful sauna project, for making your dream a reality. 2014

edition. German 2014 edition also available -

Die Finnische Sauna:
Planung und Bau
(9789516828810)

New York Times
Bestseller Discover the
critical link between
your brain and the food

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you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of

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dementia, Max

Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and

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visited the country's
best neurology
departments—all in the
hopes of understanding
his mother's condition.
Now, in *Genius Foods*,
Lugavere presents a
comprehensive guide to
brain optimization. He
uncovers the stunning
link between our dietary
and lifestyle choices and
our brain functions,
revealing how the foods

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you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He

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shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful

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it has been called
□biochemical
liposuction□; and the
foods that can improve
your happiness, both
now and for the long
term. With Genius
Foods, Lugavere offers
a cutting-edge yet
practical road map to
eliminating brain fog
and optimizing the
brain□s health and
performance today□and

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decades into the future.
Provence Style

The Left Hand of
Darkness
Body, Landscape, Art
Finns of Michigan's
Upper Peninsula
The Sauna Is
The Man-eaters of
Tsavo

***A showcase of
the current***

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***culture and
architecture,
protagonists
and ideas, and
treatments
and aims of tw
enty-first-
century
wellbeing. One
of life's
greatest
pleasures is a***

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***day spent
rejuvenating
the body and
nourishing the
spirit. Humans
have practiced
self-care for
centuries--in
the sweat
lodges of the
American
Southwest,***

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***Roman baths,
the hammams
of the
Ottoman
Empire,
Japanese
onsens, and
Finnish
saunas. Today,
a new interest
in self-care is
redefining how***

***we accomplish
wellness, and
there have
never been
more options.
In our
increasingly
switched-on
lives, a
growing
industry of
highly***

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***choreographe
d experiences
is geared to
help us switch
off. Be Well is
a journey
around the
world's most
extraordinary
spaces for
achieving this,
looking at the***

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***innovative
practices they
offer and how
to carry them
into everyday
life.***

***Discover the
transformative
power of
leisure to
recapture your
calm and***

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***creativity. Are
your busiest
days really the
ones that
make you feel
the most
accomplished?
It might be
time to
question
whether 'busy'
= 'productive'.***

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***After reaching
breaking
points in their
careers,
business
coach John
Fitch and AI
researcher
Max Frenzel
learned the
critical
importance of***

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***taking time
off. Now these
former
workaholics
will help you
revolutionize
the way you
get things
done. History's
greatest
minds, as well
as some of the***

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most

successful

leaders,

thinkers, and

creatives of

today, found

success by

practicing a

more balanced

approach to

work and life.

Embracing

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***their insights
on how
constant
hustle can be
your worst
enemy, you
will realize
that time off
means much
more than just
taking a
break.***

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***Rediscover a
more fulfilled
and versatile
version of
yourself and
unlock your
true creative p
otential. Throu
gh relatable
personal
anecdotes,
historically***

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sound

***approaches to
downtime, and
scientifically
backed
strategies for
increasing
your
creativity,
Time Off will
reshape the
way you think***

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***about work
and leisure. In
Time Off,
you'll
discover:- The
most effective
methods to
reclaim
leisure, while
increasing
productivity
and creativity-***

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Why having a rest ethic will be a key competitive advantage in the future of work- Tactics for getting away from the work without the dreaded guilt- How to

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***thrive
alongside AI
and use
technology to
become more
human- The
many ways in
which time off
improves your
leadership
skills, and
much, much***

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more!

***With a history
going back at
least one
thousand
years, the
sauna is ready
for a new
generation of
enthusiasts
seeking
health,***

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Sauna Building

***pleasure, and
peace of mind,
and Rob Roy is
ready to
recruit! "If the
sauna is just a
bath, then
Buckingham
Palace is just a
house." So
writes sauna
expert and***

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***intrepid do-it-
yourselfer Roy
in this new,
updated
version of The
Sauna. This
completely
revised and
expanded
edition of The
Sauna
contains***

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***everything
you ever
wanted to
know about
the famous
"Finnish bath."
In this inviting
book, Roy
shares his
infectious
enthusiasm
for the sauna***

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and provides a complete, detailed guide to sauna building, along with resources for equipment and supplies. The Sauna is replete with history, tradition,

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***health
benefits,
instructions
for proper use
and
maintenance,
as well as step-
by-step
instructions
for building a
variety of
cordwood***

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masonry

**saunas and,
new to this
edition,
conventionally
wood-framed
saunas. The
beautiful color
photographs,
also new to
this edition,
will inspire**

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***you to create
your own
sauna haven.
Enjoy Building
a New Sauna
With The
Latest 2020
Guide. Looking
to build a
sauna? Here's
the problem,
with so many***

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books and guides out there, it's very difficult to tell which source to choose from. What makes this problem worse, is that so many guides are

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***outdated.
Most of the
guides are
written in
2017 or
earlier. Luckily
for you,
there's now a
solution! If
you want to
build a sauna
with the most***

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***up to date
information,
then this book
© 'How To
Build A Sauna
Handbook' is
perfect for
you. With
hours of
research,
testing, and
on the job***

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***learning, this
book features:***

✓ A

***comprehensive and easy to
read guide
made in 2020***

✓ 7 mistakes

***most builders
make when
building a
sauna and how***

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***to avoid it ✓ A
simple step by
step process
to plan and
install your
own sauna ✓
How to "deck
out" your
sauna and
impress all of
your friends ✓
And much***

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***more This
book would
assist a
beginner who
wants to start
with the
basics of
sauna
building, for
someone who
already knows
about sauna***

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***building, they
would be able
to review their
existing
knowledge
with additional
new details.
This book does
not contain
any diagrams
but we can
assure you***

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***that the
information is
good enough
for a person to
get started.
This book is
not for you, if
you want it to
be perfectly
written by an
English
Grammar***

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you want to
build a sauna
with the most
up to date
information,
then click Add
to Cart today,
to start
building the
sauna of your
dreams.***

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A Novel

***How to Build a
Sauna***

***Handbook:
Step By Step
Instructions
On Everything
You Need To
Know About
Sauna Building
and Its
Construction***

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Confess

***The Best Part
of a Sauna***

Jim Olson

Building,

Nature, Art

Hot Tubs,

Saunas and

Steam Baths

***"The ultimate
guide to thinking
like a stylist, with***

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***1,000 design
ideas for creating
the most
beautiful,
personal, and
livable rooms,
"--Amazon.com.
A full-color
history and
celebration of
Finnish sauna in
the western Great***

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Lakes region.

***What inspired us
to make a 17 foot
model of a female
Anglerfish that is
a wood-fired
sauna on
wheels? These
pages will lead
you on a
multimedia
journey through***

the conceptual design, the process of construction, and meaning within the sculpture. There will not be instructions on how each part is made, as all of the techniques reflect a nuanced

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***relationship
between the artist
and the material.
This relationship
is explored
through a
process,
identified as
Media Based
Design, that
allows the
characteristics of***

***the media to
guide the
construction. The
Anglerfish Sauna
stimulates a
connection with
the natural world.
It encourages the
participants to
step into a new
environment. It
forces one to***

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unsheathe their material identity, to bow and slip into a primordial cave. An experience outside of one's self. To remove our masks. To immerse yourself into a piece of artwork, where

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***the walls are the
canvas. It is not
décor, it is
function. You are
a part of the
piece and to
experience it you
have to take part.
Take a seat, get
comfortable and
warm your soul
with this sauna***

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story.

***An intimate tour
of quintessential
Provencal style,
featuring chic
homes and
interior details
inspired by this
picturesque
region Thirty
years after the
publication of***

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***Peter Mayle's
bestselling
memoir A Year in
Provence, the
sun-drenched
southern French
region continues
to excite home
decorators with
its combination
of rustic charm,
elegant details,***

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and historical influences.

Provence Style showcases the best of the region, with Shauna Varvel's quintessential 18th-century Rhône valley farmhouse--Le Mas des

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***Poiriers--as its
centerpiece.
Named for the
working pear
orchard on the
grounds, the
property was
reimagined by
noted local
architect
Alexandre
Lafourcade, who***

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***transformed a
rough structure
into a luxurious
expression of the
Provençal
aesthetic,
referencing
historical
influences, rural
traditions, and
Parisian taste.
Set amid a***

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***garden of allées,
arbors, and
terraces
designed by the
architect's
mother,
renowned
landscape
designer
Dominique
Lafourcade, this
exemplar of***

Provençal style is the starting point for exploring the region's characteristic interior details and exterior features. The book includes chapters on the public spaces of the home, from

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***entrances to
living rooms, the
private realm of
bedrooms and
bathrooms, and
outdoor areas
including patios
and kitchen
gardens,
transporting the
reader on a
captivating***

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***stylistic journey.
Salmela Architect
Building a Brand
People Love from
Day One
Essential
Cordwood
Building
The Architecture
of Bathing
A Practical Guide
to Building Your***

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***Rest Ethic and
Finding Success
Without the
Stress
The Northwoods
Finnish Sauna
Tradition
And Other East
African
Adventures***

Cordwood
building—log-ends

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set in insulated mortar—is a versatile, economical, low-impact, and beautiful building method. Its durability and performance has been proven in beautiful, centuries-old buildings in North America and

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Europe. Yet until now, there has been no trusted, practical guide to cordwood construction using the material in a wide variety of construction projects. Distilling decades of experience and best practices, Essential Cordwood Building

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is the first fully illustrated, step-by-step guide to cordwood building. Ideal for the DIYer and professional designer and builder alike, it covers:
Wood species selection, log-end length, and seasoning
Cement, lime putty, and cob

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mortar options Wall
cavity insulation
options Budgeting
and estimating
Highly illustrated,
step-by-step
building techniques
Window and door
frame installation,
pointing and
chinking, finishing,
and plastering
Special designs and

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decorative features

Code references,
compliance, building
science, and best
practices

Troubleshooting and
maintenance

Essential Cordwood

Building is part of

New Society's

Sustainable Building

Essentials Series.

Series editors Chris

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Magwood and Jen Feigin have scoured the world of sustainable building to bring you the techniques and systems that deliver measurable benefits in terms of greater efficiency and reduced environmental impacts. Written by

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the world's leading sustainable builders, designers, and engineers, these succinct, user-friendly handbooks are indispensable tools for any project where high performance and low impact are key goals. Get the essentials! Rob Roy

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is widely recognized as a world leading authority on cordwood construction. He is Director of Earthwood Building School in West Chazy, New York, which teaches owner-builders how to build with cordwood masonry.

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Rob has authored and edited fifteen books, including Cordwood Building, Timber Framing for the Rest of Us, Earth-Sheltered Houses, and Stoneview.

Cob, a structural composite of earth, water, straw, clay, and sand, has been

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used for centuries, in virtually all parts of the world, to create homes ranging from mud huts in Africa to lavish adobe haciendas in Latin America. This practical and inspiring hands-on guide teaches anyone to build a

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cob dwelling.

A celebration of communal bathing—swimming pools, saunas, beaches, ritual baths, sweat lodges, and more—viewed through the lens of architecture and landscape. We enter the public pool, the sauna, or

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the beach with a
heightened
awareness of our
bodies and the
bodies of others.

The phenomenology
of bathing opens all
of our senses
toward the physical
world entwined with
the social, while the
history of bathing is
one of shared

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space, in both natural and built environments. In The Architecture of Bathing, Christie Pearson offers a unique examination of communal bathing and its history from the perspective of architecture and landscape.

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Engagingly written
and richly illustrated,
with more than 260
illustrations, many in
color, The
Architecture of
Bathing offers a
celebration of
spaces in which
public and private,
sacred and profane,
ritual and habitual,
pure and impure,

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nature and culture
commingle. Pearson
takes a wide-
ranging view of her
subject, drawing on
architecture, art,
and literary works.
Each chapter is
structured around
an architectural
typology and
explores an
accompanying

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theme—for
example, tub,
sensuality; river,
flow; waterfall,
rejuvenation; and
banya, immersion.
Offering examples,
introducing relevant
theory, and
recounting personal
experiences,
Pearson effortlessly
combines a

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practitioner's zest
with astonishing
erudition. As she
examines these
forms, we see that
they are inextricable
from landscapes,
bodily practices, and
cultural production.
Looking more
closely, we
experience
architecture itself as

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an immersive material and social space, embedded in the interdependent environmental and cultural fabric of our world.

Keep construction on track with helpful checklists Turn your dream of a custom home into reality!

Thinking about

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building your own home? This easy-to-follow guide shows you how to plan and build a beautiful home on any budget. From acquiring land to finding the best architect to overseeing the construction, you get lots of savvy tips

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on managing your
new investment
wisely -- and staying
sane during the
process! Discover
how to: * Find the
best homesite *
Navigate the plan
approval process *
Obtain financing *
Hire the right
contractor * Cut
design and

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construction costs *

Avoid common
mistakes

Red Roulette

Building Your Own
Home For Dummies

Some Like It Hot

Finnish Sauna

Handbuilt Shelter

Home Work

Sweat

**With record
numbers of**

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people flocking to health spas to be massaged, wrapped, and steamed, it's no surprise that more homeowners are seeking to bring the spa experience home by installing their own hot tubs, saunas, and

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steam baths. The options in prefab and easy-installation home units that are now available can be overwhelming. Hot Tubs, Saunas, and Steam Baths is the one guidebook homeowners will

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**need for
selecting,
installing, and
enjoying these
home spa
components. Full-
color
photographs
complement the
text and show the
reader the range
of designs
available for both
indoor and**

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**outdoor settings.
In addition to
demystifying the
variety of units
to choose from,
author Alan E.
Sanderfoot
explains the
installation and
environmental
requirements,
addressing such
issues as water,
drainage, floor**

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and ceiling surfaces, vapor barriers, doors, fencing, and lighting, as appropriate. Since enjoyment is the ultimate goal here, there is plenty of advice on how to make the most of a home spa, sauna, or steam

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**bath, with
information on
accessories,
health benefits,
and safety
guidelines.
Covering one of
the hottest home
improvement
trends today, Hot
Tubs, Saunas,
and Steam Baths
offers the most
up-to-date and**

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**accessible
information
available for
anyone
interested in
creating a
relaxing haven in
the home.
This book
contains
information and
instructions for
the design of
genuine Finnish**

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**saunas, with
sections on
sauna rooms,
components,
seating platforms
and furnishings,
and the planning
of the related
heating,
ventilation, and
electrical
installations, as
well as the
specialities of**

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sauna stoves and their selection. It also includes a special chapter on building a traditional smoke sauna. This book is all the reader will need in order to successfully plan and build a Finnish sauna. The 2020

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**Porchlight
Marketing &
Sales Book of the
Year The
cofounder and
chief branding
officer of Red
Antler, the
branding and
marketing
company for
startups and new
ventures,
explains how hot**

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**new brands like
Casper, Allbirds,
Sweetgreen, and
Everlane build
devoted fan
followings right
out of the gate.
We're in the
midst of a
startup
revolution, with
new brands
popping up every
day, taking over**

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our Instagram feeds and vying for our affection. Every category is up for grabs, and traditional brands are seeing their businesses erode as hundreds of small companies encroach on their territory, each hoping to

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become the next runaway success. But it's not enough to have a great idea, or a cool logo. Emily Heyward founded Red Antler, the Brooklyn based brand and marketing company, to help entrepreneurs embed brand as

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**a driver of
business success
from the
beginning. In
Obsessed,
Heyward outlines
the new
principles of
what it takes to
build and launch
a brand that has
people queuing
up to buy it on
opening day. She**

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**takes you behind
the scenes of the
creation of some
of today's hottest
new brands,
showing you: •
How Casper was
able to upend the
mattress
industry by
building a
beloved brand
where none had
existed before •**

How the dating app Hinge won a fanatical user base and great word-of-mouth with the promise that the app was "designed to be deleted" • Why luggage startup Away, now valued at \$1.4 billion, could build their brand around

love of travel by launching with just one product--a hard-shell carry-on suitcase--rather than a whole range of luggage offerings.

Whether you're starting a new business, launching a new product line, or

**looking to
refresh a brand
for a new
generation of
customers,
Obsessed shows
you why the old
rules of brand-
building no
longer apply, and
what really works
for today's
customers.**

50TH

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**ANNIVERSARY
EDITION—WITH
A NEW
INTRODUCTION
BY DAVID
MITCHELL AND
A NEW
AFTERWORD BY
CHARLIE JANE
ANDERS Ursula
K. Le Guin's
groundbreaking
work of science
fiction—winner**

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**of the Hugo and
Nebula Awards. A
lone human
ambassador is
sent to the
icebound planet
of Winter, a
world without
sexual prejudice,
where the
inhabitants'
gender is fluid.
His goal is to
facilitate**

**Winter's
inclusion in a
growing
intergalactic
civilization. But
to do so he must
bridge the gulf
between his own
views and those
of the strange,
intriguing
culture he
encounters...
Embracing the**

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**aspects of
psychology,
society, and
human emotion
on an alien
world, The Left
Hand of
Darkness stands
as a landmark
achievement in
the annals of
intellectual
science fiction.
Styled**

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**The Sauna
Building Your
Own Cheap
Indoor Sauna
from Scratch
Like a Pro
50th Anniversary
Edition
Wintering
Sauna Magic
Become Smarter,
Happier, and
More Productive
While Protecting**

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**Your Brain for
Life**

*A fascinating guide
to homemade
shelter presents
images and ideas
culled from across
the globe, including
bottle homes in the
Nevada desert, tree
houses on the
South China Sea,
Japanese stilt*

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*houses, and much,
much more.*

Original.

*A lavish monograph
celebrating one of
the most respected
and admired
American architects,
known for his
sensitivity to the
nature and traditions
of the Pacific
Northwest*

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*At Nana and
Gramps's cabin on
the edge of a chilly
lake, a child enjoys
everything about
taking a sauna.
Includes facts about
the "Finnish hot air
bath" known as a
sauna.
Standards for the
design of interior
spaces should be*

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*based on the
measurement of
human beings and
their perception of
space, with special
consideration for
disabled, elderly,
and children*

*The Power of Rest
and Retreat in
Difficult Times*

*A Philosophical and
Practical Guide to*

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*Building a Cob
Cottage*

*An Insider's Story of
Wealth, Power,
Corruption, and
Vengeance in
Today's China*

Genius Foods

*How to Build a
Sauna*

Obsessed

Step By Step

Instructions On

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*Everything You
Need To Know
About Sauna
Building and Its
Construction*

*The scientific and
therapeutic
implications of a
new way of
understanding a
common disease.
Depression has
often been*

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studied, but this multifaceted disease remains far from understood. Here, leading researchers present a major new view of the disorder that synthesizes multiple lines of scientific

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*evidence from
neurobiology,
mindfulness, and
genetics. A
comprehensive
mind-body
approach to
understanding,
evaluating, and
treating this
disease.*

*The Art of Sauna
Building*

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of Sauna

BuildingThe

SaunaA Complete

Guide to the

Construction,

Use, and Benefits

of the Finnish

Bath, 2nd

EditionChelsea

Green Publishing

A NEW YORK

TIMES

BESTSELLER!

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AS HEARD ON
NPR MORNING
EDITION AND
ON BEING WITH
KRISTA TIPPETT
*“Katherine May
opens up exactly
what I and so
many need to
hear but haven't
known how to
name.” —Krista
Tippett, On Being*

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“Every bit as beautiful and healing as the season itself. . . .

This is truly a beautiful book.”

—Elizabeth Gilbert "Proves that there is grace in letting go, stepping back and giving yourself time to

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repair in the dark...May is a clear-eyed observer and her language is steady, honest and accurate—capturing the sense, the beauty and the latent power of our resting landscapes."

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—Wall Street

*Journal An
intimate,
revelatory book
exploring the
ways we can care
for and repair
ourselves when
life knocks us
down. Sometimes
you slip through
the cracks:
unforeseen*

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circumstances like an abrupt illness, the death of a loved one, a break up, or a job loss can derail a life. These periods of dislocation can be lonely and unexpected. For May, her husband fell ill,

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her son stopped attending school, and her own medical issues led her to leave a demanding job.

Wintering explores how she not only endured this painful time, but embraced the singular opportunities it

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offered. A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and

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retreat.

*Illumination
emerges from
many sources:
solstice
celebrations and
dormice
hibernation, C.S.
Lewis and Sylvia
Plath, swimming
in icy waters and
sailing arctic
seas. Ultimately*

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Wintering invites us to change how we relate to our own fallow times. May models an active acceptance of sadness and finds nourishment in deep retreat, joy in the hushed beauty of winter, and

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*encouragement
in understanding
life as cyclical,
not linear. A
secular mystic,
May forms a
guiding
philosophy for
transforming the
hardships that
arise before the
ushering in of a
new season.*

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*Fighting to
rebuild her life
after shattering
losses, Auburn
Reed is
unexpectedly
attracted to an
enigmatic artist
only to discover
that the object of
her affections is
hiding
threatening*

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*secrets from his
past. By the #1
New York Times
best-selling
author of
Slammed.*

Original.

*The Art of Sauna
Building*

*The Complete
Step-by-Step
Guide*

A Source Book of

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Design Reference

Standards

Anglerfish Sauna

A Complete

Guide to the

Construction,

Use, and Benefits

of the Finnish

Bath, 2nd Edition

The Secrets of

Finnish Sauna

Design

Decorating with

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*French Country
Flair*

Saunas are
gaining
incredible
popularity in the
modern world.
It has become
so much
attractive that
many people
want to be part

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Sauna Building
of the

movement.

Often times,
people are
intimidated by
several factors
concerning it. If
you are in
possession of
sauna then it
means you are
in possession of

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all the vital information that is needed about saunas. Building your own sauna becomes very easy and simple for you due to the well-organized procedure outlined in this

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book. The book has been made to cover a wide range of issues concerning saunas which includes the following and many more:

- History of sauna
- Benefits of sauna
- Types

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of sauna

-Components of
the sauna

-Sauna

accessories

-Step by step
guide to

building a sauna

on your own

Design and

Construction

How To Build A

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Sauna

Handbook

Secrets for

Arranging

Rooms, from

Tabletops to

Bookshelves

New Spa and

Bath Culture

and the Art of

Being Well

The New Mind-

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Body Science of
Depression
Be Well
Time Off