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KEY=JOURNAL - HARRY DECKER

Building Services

The CIBSE Journal

The Architecture of Natural Cooling

Routledge **Overheating in buildings is commonplace. This book describes how we can keep cool without conventional air-conditioning: improving comfort and productivity while reducing energy costs and carbon emissions. It provides architects, engineers and policy makers with a 'how-to' guide to the application of natural cooling in new and existing buildings. It demonstrates, through reference to numerous examples, that natural cooling is viable in most climates around the world. This completely revised and expanded second edition includes: An overview of natural cooling past and present. Guidance on the principles and strategies that can be adopted. A review of the applicability of different strategies. Explanation of simplified tools for performance assessment. A review of components and controls. A detailed evaluation of case studies from the USA, Europe, India and China. This book is not just for the technical specialist, as it also provides a general grounding in how to avoid or minimise air-conditioning. Importantly, it demonstrates that understanding our environment, rather than fighting it, will help us to live sustainably in our rapidly warming world.**

Energy Management and Operating Costs in Buildings

Routledge Managing the consumption and conservation of energy in buildings must now become the concern of both building managers and occupants. The provision of lighting, hot water supply, communications, cooking, space heating and cooling accounts for 45 per cent of UK energy consumption. *Energy Management and Operating Costs in Buildings* introduces the reader to the principles of managing and conserving energy consumption in buildings people use for work or leisure. Energy consumption is considered for the provision of space heating, hot water, supply ventilation and air conditioning. The author introduces the use of standard performance indicators and energy consumption yardsticks, and discusses the use and application of degree days.

CIBSE Guide H: Building Control Systems

Routledge 'Building Control Systems' provides the building services engineer with a comprehensive understanding of modern control systems and relevant information technology. This will ensure that the best form of control systems for the building is specified and that proper provision is made for its installation, commissioning, operation and maintenance. Beginning with an overview of the benefits of the modern building control system, the authors describe the different controls and their applications, and include advice on their set-up and tuning for stable operation. There are chapters on the practical design of control systems, how to work from the hardware components and their inclusion in networks, through to control strategies in Heating, Ventilation and Air Conditioning (HVAC) systems and whole buildings. The relationship between Building, Management Systems (BMS) and information technology systems is discussed, and the building procurement process and the importance of considering control requirements at an early stage in the design process

Air Conditioning Engineering

Routledge Designed for students and professional engineers, the fifth edition of this classic text deals with fundamental science and design principles of air conditioning engineering systems. W P Jones is an acknowledged expert in the field, and he uses his experience as a lecturer to present the material in a logical and accessible manner, always introducing new techniques with the use of worked examples.

Materials for Energy Efficiency and Thermal Comfort in Buildings

Elsevier Almost half of the total energy produced in the developed world is inefficiently used to heat, cool, ventilate and control humidity in buildings, to meet the increasingly high thermal comfort levels demanded by occupants. The utilisation of advanced materials and passive technologies in buildings would substantially reduce the energy demand and improve the environmental impact and carbon footprint of building stock worldwide. **Materials for energy efficiency and thermal comfort in buildings** critically reviews the advanced building materials applicable for improving the built environment. Part one reviews both fundamental building physics and occupant comfort in buildings, from heat and mass transport, hygrothermal behaviour, and ventilation, on to thermal comfort and health and safety requirements. Part two details the development of advanced materials and sustainable technologies for application in buildings, beginning with a review of lifecycle assessment and environmental profiling of materials. The section moves on to review thermal insulation materials, materials for heat and moisture control, and heat energy storage and passive cooling technologies. Part two concludes with coverage of modern methods of construction, roofing design and technology, and benchmarking of façades for optimised building thermal performance. Finally, Part three reviews the application of advanced materials, design and technologies in a range of existing and new building types, including domestic, commercial and high-performance buildings, and buildings in hot and tropical climates. This book is of particular use to, mechanical, electrical and HVAC engineers, architects and low-energy building practitioners worldwide, as well as to academics and researchers in the fields of building physics, civil and building engineering, and materials science. Explores improving energy efficiency and thermal comfort through material selection and sustainable technologies Documents the development of advanced materials and sustainable technologies for applications in building design and construction Examines fundamental building physics and occupant comfort in buildings featuring heat and mass transport, hygrothermal behaviour and ventilation

Housing Fit For Purpose

Performance, Feedback and

Learning

Routledge **Housing Fit for Purpose** sets out a research-focused approach to looking at the challenges facing the built environment in approaching the design, construction and management of housing. This book uses original research by the author on housing performance evaluation and distils it for built environment professionals, arguing that learning from feedback should be taking place at every stage of the housing project lifecycle, improving outcomes for end users. Drawing on active research, this book shows why and how the design, construction and management of housing can be linked to feedback and actual evidence of how people choose, and learn, to use their homes. It examines the key concepts which underlie participatory design, occupancy feedback and learning, and includes a practical primer on how to undertake housing occupancy feedback.

Air Conditioning

A Practical Introduction

Routledge **David Chadderton's Air Conditioning** is the complete introduction and reference guide for students and practitioners of air conditioning design, installation and maintenance. The scientific principles involved are introduced with the help of case studies and exercises, and downloadable spreadsheets help you work through important calculations. New chapters on peak summertime air temperature in buildings without cooling systems, air duct acoustic calculations and air conditioning system cost enhance the usefulness to design engineers. Case studies are created from real life data, including PROBE post-occupancy reports, relating all of the theoretical explanations to current practice. Trends and recent applications in lowering energy use by air conditioning are also addressed, keeping the reader informed of the latest sustainable air conditioning technologies. Over 75 multiple choice questions will help the reader check on their progress. Covering both tropical and temperate climates, this is the ideal book for those learning about the basic principles of air conditioning, seeking to understand the latest technological developments, or maintaining a successful HVAC practice anywhere in the world.

Building Services Engineering

Routledge **Engineering services within buildings** account for ongoing energy use, greenhouse gas contribution and life safety provisions. This fully updated sixth edition of David Chadderton's leading textbook is the perfect preparation for those intending to enter this increasingly important field. Chapters addressing heating, climate change, air conditioning, transportation systems, water, gas, electricity, drainage and room

acoustics cover all the key responsibilities of the building services engineer. As well as introductory material and the underpinning theory, practical guidance is provided in the form of sample calculations and spreadsheets. New material includes: trends and recent applications in lowering the energy use by mechanical and electrical services systems, heating, cooling and lighting of buildings case studies modelled from post-occupancy reports to provide realistic discussion topics examples of the use of photovoltaic solar panels, chilled beams, under floor air distribution, labyrinths, ground-sourced heat pumps, district heating and cooling, energy performance certificates, energy auditing and wind turbines outlines of the concepts of global warming, carbon trading and zero carbon buildings. exercises in each chapter and online self-study questions. A significantly expanded companion site offers over 1,000 self-test questions, powerpoint slides for lecturers, and an instructors' manual, enabling the rapid generation of lectures, assignments, and tests. This is the ideal textbook for students of building services engineering, as well as a comprehensive guide for those about to start work.

Energy: Management, Supply and Conservation

Routledge With more and more concern being expressed over the Earth's dwindling energy resources as well as rising pollution levels, the subject of energy management and conservation is becoming increasingly important. Over half of all energy consumed is used in buildings so effective management of buildings whether commercial or domestic is vital. This book is a comprehensive text dealing with the theory and practice of the supply of energy to consumers, energy management and auditing and energy saving technology. It will be a core text on courses on energy management and building services, as well as updating professionals in the building sector.

Building Energy Management Systems

An Application to Heating, Natural Ventilation, Lighting and Occupant

Satisfaction

Routledge Energy management systems are used to monitor building temperature inside and outside buildings and control the boilers and coolers. Energy efficiency is a major cost issue for commerce and industry and of growing importance on university syllabuses. Fully revised and updated, this text considers new developments in the control of low energy and HVAC systems and contains two new chapters. Written for practising engineers (essential for control engineers) and energy managers in addition to being essential reading for under/postgraduate courses in building services and environmental engineering.

Future Office

Next-generation workplace design

Routledge The office is dead. Long live the office. Despite decades of predictions that the office is on the verge of extinction, it is surviving and thriving. Of course, things are changing. And changing fast. Digital technologies are transforming not only the work we do, but also the ways our workplaces are designed, built and operated. Automation and AI mean that some jobs will no longer exist whilst others will be created. But the very essence of the workplace – human interaction and collaboration, remains as necessary as ever. In fact, it is the human focus that is driving this new age, with four generations now in the workplace together for the first time. Taking an interdisciplinary approach, this book discusses the impacts of these changes on the future of work and workplace. The latest technologies are also explored from voice and digital twins, to new materials such as graphene and battery-powered buildings.

A Green Vitruvius

Principles and Practice of Sustainable Architectural Design

Routledge 2000 years ago the roman architect Marcus Vitruvius Pollio wrote the ten books on architecture establishing the concept of the pattern book offering design principles and solutions that is still referred to in every architect's education. A Green Vitruvius is intended as a green pattern book for today. Now fully updated, this well established textbook provides advice suitable for undergraduate and post graduate students on the integration of sustainable practice into the design and construction

process, the issues to be considered, the strategies to be adopted, the elements of green design and design evaluation within the process. Classic design elegance is found in the holistic clear solution.

Studies in the History of Services and Construction

Lulu.com Building services are often overlooked in the history of architecture and engineering. This volume presents 41 papers presented at the Fifth Annual Conference of the Construction History Society held at Queens' College Cambridge from 6-8 April 2018 which cover a wide variety of topics on aspects of construction history and building services.

Grenfell and Construction Industry Reform

A Guide for the Construction Professional

Routledge In the wake of the tragic events of the fire at Grenfell Tower, the inquiry into the fire and the independent Hackitt Review revealed deep-rooted and unpalatable truths about the current state of the UK construction industry. Dame Judith Hackitt was scathing in her assessment of the construction industry denouncing it as "an industry that has not reflected and learned for itself, nor looked to other sectors" and defining the key issues as ignorance, indifference, lack of clarity on roles and responsibilities and inadequate regulatory oversight and enforcement tools. There is an urgent need to change practices and behaviours to prevent a similar tragedy from reoccurring. This book sets out the changes required, why they are required, how they are to be achieved and the progress towards them to date. Implementation of these major safety reforms will move the construction industry from the conditions that allowed the fire at Grenfell Tower to occur, to a system where construction professionals take greater responsibility for the safety of residents in their buildings. This book provides an overview of how the movement towards implementing a new building safety regime has unfolded over the last three years and details what still needs to be done if residents are to feel safe and be safe in their own homes.

Building Services Design for Energy Efficient Buildings

Routledge The role and influence of building services engineers is undergoing rapid change and is pivotal to achieving low-carbon buildings. However, textbooks in the field have largely focused on the detailed technicalities of HVAC systems, often with little wider context. This book addresses that need by embracing a contemporary understanding of energy efficiency imperatives, together with a strategic approach to the key design issues impacting upon carbon performance, in a concise manner. The key conceptual design issues for planning the principal systems that influence energy efficiency are examined in detail. In addition, the following issues are addressed in turn: Background issues for sustainability and the design process Developing a strategic approach to energy-efficient design How to undertake load assessments System comparison and selection Space planning for services Post-occupancy evaluation of completed building services In order to deliver sustainable buildings, a new perspective is needed amongst building and services engineering designers, from the outset of the conceptual design stage and throughout the whole design process. In this book, students and practitioners alike will find the ideal introduction to this new approach.

Getting to Grips with BIM

A Guide for Small and Medium-Sized Architecture, Engineering and Construction Firms

Routledge With the UK government's 2016 BIM threshold approaching, support for small organisations on interpreting, filtering and applying BIM protocols and standards is urgently required. Many small UK construction industry supply chain firms are uncertain about what Level 2 BIM involves and are unsure about taking first steps towards having BIM capability. As digitisation, increasingly impacts on work practices, Getting to Grips with BIM offers an insight into an industry in change supplemented by practical guidance on managing the transition towards more widespread and integrated use of digital tools to manage the design, construction and whole life use of buildings.

Urban Microclimate Modelling for Comfort and Energy Studies

Springer Nature **This book discusses urban microclimate and heat-related risks in urban areas, brought on by the combination of global climate change effects and local modification of climate determined by extensive urbanization such as the 'Urban heat island' phenomenon. This matter is relevant to almost all urbanized areas in the world, where the increase of urban population and air temperature is expected to endanger both the overall health of the population and the energy supply for the functioning of urban systems. The book details the inter-relationship between urban morphology, microclimate and building energy performance and presents a multidisciplinary approach that brings together Urban Climatology, Engineering and Architectural knowledge to support the development of reliable models and tools for research and practice. This book is a useful tool for architects and building energy modelers, urban planners and geographers who need a practical guide to realize basic urban microclimate simulation for use in both academic research and planning practice.**

Physical Models

Their historical and current use in civil and building engineering design

John Wiley & Sons **Physical models have been, and continue to be used by engineers when faced with unprecedented challenges, when engineering science has been non-existent or inadequate, and in any other situation when the engineer has needed to raise their confidence in a design proposal to a sufficient level to begin construction. For this reason, models have mostly been used by designers and constructors of highly innovative projects, when previous experience has not been available. The book covers the history of using of physical models in the design and development of civil and building engineering projects including bridges in the mid-18th century, William Fairbairn's Britannia bridge in the 1840s, the masonry Aswan Dam in the 1890s, concrete dams in the 1920s, thin concrete shell roofs and the dynamic behaviour of tall buildings in earthquakes from the 1930s, tidal flow in estuaries and the acoustics of concert halls from the 1950s, and cable-net and membrane structures in**

the 1960s. Traditionally, progress in engineering has been attributed to the creation and use of engineering science, the understanding materials properties and the development of new construction methods. The book argues that the use of reduced scale models have played an equally important part in the development of civil and building engineering. However, like the history of engineering design itself, this crucial contribution has not been widely reported or celebrated. The book concludes with reviews of the current use of physical models alongside computer models, for example, in boundary layer wind tunnels, room acoustics, seismic engineering, hydrology, and air flow in buildings.

Green Energy and Infrastructure Securing a Sustainable Future

CRC Press C. S. Lewis rightly instructed, "The task of the modern educator is not to cut down jungles, but to irrigate deserts." This book aims to achieve this task by pushing the frontiers of scholarship for securing a sustainable future through green energy and infrastructure. This encompasses the notion that what we create is in harmony and integration with both the spatial and temporal domains. Through numerous practical examples and illustrations, this book examines a comprehensive review of the latest science on indoor environmental health, energy requirements for buildings, and the "greening" of infrastructure. Also, it provides a discussion on the underlying properties of biomass and its influence on furthering energy conversion technologies. Energy storage is essential for driving the integration of renewable energy, and different storage approaches are discussed in terms of power balancing, grid stability, and reliability. Features: Focuses on the importance of coupling green energy with green infrastructure Provides an unbiased update of the state-of-the-art of sustainability science Discusses utilizing sustainable building materials for simultaneous improvement in energy, economic, and environmental bottom lines for industry Illuminates practical steps that need to be undertaken to achieve a greener infrastructure Green Energy and Infrastructure: Securing a Sustainable Future is appropriate for researchers, students, and decision-makers seeking the latest, practical information on environmental sustainability.

Creating the Productive Workplace Places to Work Creatively

Taylor & Francis The built environment affects our physical, mental and social well-being. Here renowned professionals from practice and academia explore the evidence from basic research as well as case studies to test

this belief. They show that many elements in the built environment contribute to establishing a milieu which helps people to be healthier and have the energy to concentrate while being free to be creative. The health and well-being agenda pervades society in many different ways but we spend much of our lives in buildings, so they have an important role to play within this total picture. This demands us to embrace change and think beyond the conventional wisdom while retaining our respect for it. Creating the Productive Workplace shows how we need to balance the needs of people and the ever-increasing enabling technologies but also to take advantage of the healing powers of Nature and let them be part of environmental design. This book aims to lead to more human-centred ways of designing the built environment with deeper meaning and achieve healthier and more creative, as well as more productive places to work.

Contemporary Vernacular Design

How British Housing Can Rediscover its Soul

Routledge **This book presents 25 international housing schemes that draw on traditional vernacular principles whilst taking into account modern day materials, methods and financial or energy requirements. The aim is to show how, despite mass housing needs, we can design quality modern schemes that 'fit' their surroundings and generate a sense of place, community and regional identity - rather than the poor quality, identikit housing currently seen wherever you are in the UK.**

A Novel SOFC Tri-generation System for Building Applications

Springer **The thesis has critically examined, both theoretically and experimentally, a novel tri-generation system concept - with encouraging system performance demonstrated. The thesis establishes the significant potential of the novel tri-generation system in providing effective built environment decarbonisation through decentralised generation; strengthening the case for a future hydrogen economy. In response to the critical need to decarbonise the built environment, alternative methods for more effective energy utilisation need to be explored including tri-generation systems. The thesis presents the design, development and testing of a novel proof-of-concept tri-generation system based on solid oxide fuel cell (SOFC) and liquid desiccant air conditioning technology to provide electricity, heating and cooling to building applications. No previous work has been reported on such a system. The theme of the work**

sits within the topics of low-carbon and sustainable energy technologies, building services and low carbon building applications.

Food Processing Technology

Principles and Practice

Woodhead Publishing **Food Processing Technology: Principles and Practice, Fifth Edition** includes emerging trends and developments in food processing. The book has been fully updated to provide comprehensive, up-to-date technical information. For each food processing unit operation, theory and principles are first described, followed by equipment used commercially and its operating conditions, the effects of the operation on micro-organisms, and the nutritional and sensory qualities of the foods concerned. Part I describes basic concepts; Part II describes operations that take place at ambient temperature; Part III describes processing using heat; Part IV describes processing by removing heat; and Part V describes post-processing operations. This book continues to be the most comprehensive reference in the field, covering all processing unit operations in a single volume. The title brings key terms and definitions, sample problems, recommended further readings and illustrated processes. Presents current trends on food sustainability, environmental considerations, changing consumer choices, reduced packaging and energy use, and functional and healthy/plant-based foods Includes highly illustrated line drawings and/or photographs to show the principles of equipment operation and/or examples of equipment that is used commercially Contains worked examples of common calculations

The Routledge Companion to Paradigms of Performativity in Design and Architecture

Using Time to Craft an Enduring, Resilient and Relevant Architecture

Routledge **The Routledge Companion to Paradigms of Performativity in Design and Architecture** focuses on a non-linear, multilateral, ethical way of design thinking, positioning the design process as a journey. It expands on the multiple facets and paradigms of performative design thinking as an emerging trend in design methodology. This edited collection explores the

meaning of performativity by examining its relevance in conjunction with three fundamental principles: firmness, commodity and delight. The scope and broader meaning of performativity, performative architecture and performance-based building design are discussed in terms of how they influence today's design thinking. With contributions from 45 expert practitioners, educators and researchers, this volume engages theory, history, technology and the human aspects of performative design thinking and its implications for the future of design.

Building Services Engineering Spreadsheets

Routledge **Building Services Engineering Spreadsheets** is a versatile, user friendly tool for design calculations. Spreadsheet application software is readily understandable since each formula is readable in the location where it is used. Each step in the development of these engineering solutions is fully explained. The book provides study material in building services engineering and will be valuable both to the student and to the practising engineer. It deals with spreadsheet use, thermal transmittance, building heat loss and heat gain, combustion analysis, fan selection, air duct design, water pipe sizing, lumen lighting design, electrical cable sizing, at a suitable level for practical design work. Commercially available software, while very powerful and comprehensive, does not allow the user any facility to look into the coded instructions. The user has to rely upon the supplier for explanation, updates and corrections. The advantage that the spreadsheet applications provided with the book have over purchased dedicated software, is that the user can inspect everything that the program undertakes. Parts of the worksheets can be copied to other cells in order to expand the size of each worksheet. Experienced spreadsheet operators can edit the cells to change the way in which data and calculations are used, and with guidance from the explanatory, build their own applications.

Mechanical and Electrical Equipment for Buildings

John Wiley & Sons **The definitive guide to the design of environmental control systems for buildings—now updated in its 13th Edition Mechanical and Electrical Equipment for Buildings** is the most widely used text on the design of environmental control systems for buildings—helping students of architecture, architectural engineering, and construction understand what they need to know about building systems and controlling a building's environment. With over 2,200 drawings and photographs, this 13th Edition

covers basic theory, preliminary building design guidelines, and detailed design procedure for buildings of all sizes. It also provides information on the latest technologies, emerging design trends, and updated codes. Presented in nine parts, Mechanical and Electrical Equipment for Buildings, Thirteenth Edition offers readers comprehensive coverage of: environmental resources; air quality; thermal, visual, and acoustic comfort; passive heating and cooling; water design and supply; daylighting and electric lighting; liquid and solid waste; and building noise control. This book also presents the latest information on fire protection, electrical systems; and elevator and escalator systems. This Thirteenth Edition features: Over 2,200 illustrations, with 200 new photographs and illustrations All-new coverage of high-performance building design Thoroughly revised references to codes and standards: ASHRAE, IES, USGBC (LEED), Living Building Challenge, WELL Building Standard, and more Updated offering of best-in-class ancillary materials for students and instructors available via the book's companion website Architect Registration Examination® (ARE®) style study questions available in the instructor's manual and student guide Mechanical and Electrical Equipment for Buildings, has been the industry standard reference that comprehensively covers all aspects of building systems for over 80 years. This Thirteenth Edition has evolved to reflect the ever-growing complexities of building design, and has maintained its relevance by allowing for the conversation to include "why" as well as "how to."

Construction - Craft to Industry

Taylor & Francis **This book provides a unique and comprehensive survey of changes and trends in the construction industry focusing on the post-war years and emphasizing their contemporary and future relevance.**

Designing Better Buildings

Quality and Value in the Built Environment

Taylor & Francis **Design is widely recognised as the key to improving the quality of the built environment. This well-illustrated book comprises 15 chapters written by leading practitioners, clients, academics and other experts, and presents the latest thinking on what design quality is and how to achieve it. For design practitioners and their clients alike, the book provides evidence to justify greater focus on, and investment in, design. It summarises the benefits that arise from good design - such as, civic pride in the urban environment, the stimulation of urban regeneration, corporate identity, occupant productivity and health in offices, improved learning**

outcomes in schools, better patient recovery rates in hospitals, as well as reduced environmental impact. And it illustrates these benefits through case study examples. Eight chapters focus on case studies of exemplary buildings in particular sectors - offices, schools, housing, and hospitals - and explain why and how they came to be designed, and the design qualities they exhibit.

Designing Better Building

Routledge Design is widely recognised as the key to improving the quality of the built environment. This well-illustrated book comprises 15 chapters written by leading practitioners, clients, academics and other experts, and presents the latest thinking on what design quality is and how to achieve it. For design practitioners and their clients alike, the book provides evidence to justify greater focus on, and investment in, design. It summarises the benefits that arise from good design - such as, civic pride in the urban environment, the stimulation of urban regeneration, corporate identity, occupant productivity and health in offices, improved learning outcomes in schools, better patient recovery rates in hospitals, as well as reduced environmental impact. And it illustrates these benefits through case study examples. Eight chapters focus on case studies of exemplary buildings in particular sectors - offices, schools, housing, and hospitals - and explain why and how they came to be designed, and the design qualities they exhibit.

Building Revolutions

Applying the Circular Economy to the Built Environment

Routledge The construction industry operates within a linear economy of make, use, dispose. Buildings are stripped out and torn down with astonishing regularity while new buildings are constructed from hard-won virgin materials. But raw materials are becoming scarce, and the demands for them are exploiting fragile ecosystems, even as the global demand for resources continues to rise. Policy makers and organisations are beginning to look for a more regenerative, circular economy model. The construction industry demands over half the world's extracted materials and generates around a third of the total waste generated in the EU, making it a prime candidate for applying the circular economy. Yet there has been little focus on how construction industry professionals and their clients can contribute towards the movement. Drawing on illustrative methods and examples, *Building Revolutions* explains how the principles of a circular economy can be applied to the built environment where resources are kept in use and

their value retained.

A Guide to Energy Management in Buildings

Routledge Inefficient energy use in buildings is both increasingly expensive and unsustainable. Indeed, the reduction of the energy consumption of existing buildings is as least as important as the design of new low-energy buildings. Controlling energy use is one thing, but it is important to assess or estimate it, and to understand the range of interventions for reducing its use and the methods for assessing the cost effectiveness of these measures. This comprehensive guide clearly and concisely covers the various issues from a theoretical standpoint and provides practical, worked examples where appropriate, along with examples of how the calculations are carried out. Topics covered include: where and how energy is used in buildings energy audits measuring and monitoring energy use techniques for reducing energy use in buildings legislative issues. It provides a template for instigating the energy management process within an organization, as well as guidance on management issues such as employee motivation, and gives practical details on how to carry it through. This book should appeal to building managers and facilities managers and also to students of energy management modules in FE and HE courses.

Supercharge Your Brain

How to Maintain a Healthy Brain Throughout Your Life

Simon and Schuster The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world's leading scientists in the field of brain health and ageing. The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience. Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground. In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals

everything you need to know about how your brain functions, and what you can do to keep it in peak condition.

Building Services Journal

Modernisation, Mechanisation and Industrialisation of Concrete Structures

John Wiley & Sons **Modernisation, Mechanisation and Industrialisation of Concrete Structures** discusses the manufacture of high quality prefabricated concrete construction components, and how that can be achieved through the application of developments in concrete technology, information modelling and best practice in design and manufacturing techniques.

Energy Management in Buildings

Taylor & Francis An ideal introduction to the principles of managing and conserving energy consumption in buildings people use for work or leisure that will be invaluable to students and energy managers. This updated edition includes two new chapters on current regulations and the environmental impact of building services.

Green Buildings Pay

Taylor & Francis **Green Buildings Pay** examines, through case studies of commercial and university buildings, how different approaches to green design can produce more sustainable patterns of development. The case studies are described by their designers and often also by the client, thereby ensuring that the buildings are seen in the context of market realities.

Transient Airflow in Building Drainage Systems

Routledge Giving you the first comprehensive presentation of the ground breaking research undertaken at Heriot Watt University, with Research Council and industrial funding, this book brings a new perspective to the design of building drainage and vent systems. It provides the building services community with clear and verifiable design methods that will be robust enough to meet challenges such as climate change and water

conservation; population migration to the mega cities of the developing world, and the consequent pressures of user concentration; the rise of the prestige building and the introduction of new appliances and control strategies. These all combine to make traditional codified design guidance insufficient. Many assumptions in existing codes defining the entrained airflows within building drainage vent systems cannot be theoretically supported, so designers concerned with these systems need analysis and simulation capabilities which are at least as reliable as those enjoyed by other building services practitioners. The Method of Characteristics solution techniques which are well established in the pressure surge field are now used to provide solutions for drainage designers. The material is applied to a whole range of abstract scenarios then to a series of real world applications including the forensic modelling of the SARS virus spread within Amoy Gardens in 2003 and the refurbishment of the O2 Dome. Applications to specialised services, including underground station drainage and highly infectious disease treatment facilities are discussed and demonstrated, alongside the use of design and simulation techniques in support of product development. Aimed at both professional and academic users, this book serves both as a design aid and as a core text for specialist masters courses in public health and building services engineering.

Emotions at Work

Theory, Research and Applications for Management

John Wiley & Sons In this book, the authors provide up-to-date thinking and research on the broad range of emotional experience in working environments with particular attention to the causes of emotional change, the consequences of emotional experience for individuals and their organisations, and the implications for effective strategies for managing individuals (including oneself) and organisations. * Offers systematic coverage of the latest concepts of emotion and methods for research in organisations * Includes scientific understanding and critique of the field as well as implications for organisational practice.

Environmental and Architectural Psychology

The Basics

Routledge **Environmental and Architectural Psychology: The Basics** is a jargon-free and accessible introduction to the relationship between people and their natural and built environment. Exploring everything from the effectiveness of open plan offices to how people respond to life-threatening disasters, the book addresses issues around sustainability, climate change, and behaviour, and is grounded in theory and ideas drawn from psychology, geography, and architecture. Author Ian Donald introduces both the theoretical underpinnings and the applications of environment-behaviour research to solving real world problems, encouraging readers to reflect on the role of design and policy in shaping the environments in which they live and work. With chapters considering the impact of environment on identity, wellbeing, crime, and spatial behaviour, Donald shows us not only how people shape and affect the environment, but also in turn how the environment shapes and affects people's thoughts, feelings, and behaviours. Addressing some of the most important questions of our time, including how behaviour drives climate change, and what we can do about it, this is the ideal book for anyone interested in the interactions between architecture, the environment, and psychology.