RecoveringAmerica



A More Gentle Way to Build

Makcolm Wells

Recovering America A More Gentle Way To Build

Aimee Liu

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Repairing the American Metropolis Douglas S. Kelbaugh,2015-07-16 Repairing the American Metropolis is based on Douglas Kelbaugh s Common Place Toward Neighborhood and Regional Design first published in 1997 It is more timely and significant than ever with new text charts and images on architecture sprawl and New Urbanism a movement that he helped pioneer Theory and policies have been revised refined updated and developed as compelling ways to plan and design the built environment This is an indispensable book for architects urban designers and planners landscape architects architecture and urban planning students and scholars government officials developers environmentalists and citizens interested in understanding and shaping the American metropolis Green Roofs in Sustainable Landscape Design Steven L Cantor,2008-10-14 Green Roofs defines the types of green roofs both extensive and intensive introduces the vocabulary of green roofs details the components available describes the design and development process lists recommended plant materials and explains methods of installation irrigation and maintenance Approximately 70 vivid and detailed case histories of major projects in Europe where green roofs began and contemporary examples throughout North America copiously and beautifully illustrated with almost 400 images make this book an invaluable guide to the state of the art BOOK JACKET

Sustainability Principles and Practice Margaret Robertson, 2021-02-09 Sustainability Principles and Practice gives an accessible and comprehensive overview of the interdisciplinary field of sustainability. The focus is on furnishing solutions and equipping students with both conceptual understanding and technical skills Each chapter explores one aspect of the field first introducing concepts and presenting issues then supplying tools for working toward solutions Elements of sustainability are examined piece by piece and coverage ranges over ecosystems social equity environmental justice food energy product life cycles cities and more Techniques for management and measurement as well as case studies from around the world are provided The 3rd edition includes greater coverage of resilience and systems thinking an update on the Anthropocene as a formal geological epoch the latest research from the IPCC and a greater focus on diversity and social equity together with new details such as sustainable consumption textiles recycling microplastics and net zero concepts The coverage in this edition has been expanded to include issues solutions and new case studies from around the world including Europe Asia and the Global South Chapters include further reading and discussion questions. The book is supported by a companion website with online links annotated bibliography glossary white papers and additional case studies together with projects research problems and group activities all of which focus on real world problem solving of sustainability issues This textbook is designed to be used by undergraduate college and university students in sustainability degree programs and other programs in which sustainability is taught The Impact of Federal Energy Efficiency and Renewable Energy R&D Programs United States. Congress. House. Committee on Science. Subcommittee on Energy, 2004 **Dense + Green** Thomas Schröpfer, 2015-12-14 The integration of nature in architecture is a key concern of sustainability However all too often

sustainable design is reduced to improving the energetic performance of buildings and the ornamental application of natural green Dense Green explores new architectural typologies that emerge from the integration of green components such as sky terraces vertical parks and green facades in high density buildings The book describes green strategies in a comparison across different design tasks and climate conditions In depth case studies on the most relevant building types consistently presented with analytical drawings made exclusively for this book are complemented by expert essays that demonstrate the current paradigm shift in the sustainable urban environment From the Contents Dense Green Building Types by Thomas Schr pfer architect Singapore University of Technology and Design Dense Green Building Technology by Atelier Ten environmental design consultants and building services engineers New York NY Dense Green Landscape Design by Herbert Dreiseitl landscape architect Atelier Dreiseitl Ramb ll Liveable Cities Lab berlingen Singapore Portland OR Dense Green Botanical Design by Jean Yong plant eco physiologist Singapore University of Technology and Design Dense Green Urbanism by Kees Christiaanse urban planner ETH Zurich 25 in depth case studies from Europe Asia and the USA Practice Reports by Foster Partners WOHA Ken Yeang MVRDV and others **Greenroofs** Anna Haven Kiers, 2002 **Mindfulness Skills for** Trauma and PTSD: Practices for Recovery and Resilience Rachel Goldsmith Turow, 2017-02-28 How mindfulness can help trauma survivors move to places of healing Trauma touches every life but the way that we hold our pain makes a difference Mindfulness Skills for Trauma and PTSD provides user friendly descriptions of the many facets of traumatic stress alongside evidence based strategies to manage trauma symptoms and build new strengths This book is a valuable resource for trauma survivors health professionals researchers mindfulness practitioners and others seeking new pathways to recovery and resilience It is normal to feel anxious or depressed after trauma and to have upsetting thoughts and memories Instead of fighting our feelings and blaming ourselves for what are actually common responses to trauma mindfulness practices can help us tolerate and decrease distress cultivate kindness towards ourselves and others make wise choices navigate attention improve relationships and relax capacities that reduce trauma symptoms and advance our overall well being Practicing the small stuff can help us with the big stuff As we learn to notice our breathing walking minor frustrations or daily activities with curiosity and care we build inner resources to skillfully handle past trauma as well as current and future challenges Mindfulness practices can transform self blame into self respect and self compassion We can also match specific mindfulness skills to particular trauma symptoms For example grounding with the five senses can help us when we feel overwhelmed or spaced out and loving kindness meditation can alleviate self criticism With this book you will explore scientifically supported mindfulness practices plus In their own words sections that illustrate the skills with personal stories demonstrating how mindfulness practices have helped others recover from trauma Research highlight sections showcase fascinating scientific studies that form the basis for the book s approaches As we practice effective strategies to handle a full range of experiences we can each find new sources of hope connection and peace Building and sustaining the

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Hurricane Alicia--prediction, Damage, and Recovery Efforts United States. Congress. House. Committee on Science and Technology. Subcommittee on Natural Resources, Agriculture Research, and Environment, 1984 Shadows of the Cross Craig Cashwell, Pennie Johnson, Patrick Carnes, 2015-02-25 This book is a Christian companion to Facing the Shadow It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction Addresses issues of sexuality in a non shaming way using Biblical scripture to encourage long term recovery Shadows of the Cross Includes interactive exercises and tasks that complement Facing the Shadow Applies world renowned Dr Patrick Carnes research based thirty task model with a Christian twist Has a Christian approach that tackles the shame that often accompanies sex addiction Provides readers with suggested Biblical verses to assist in their long term recovery Provides a much needed spiritual focus to early recovery

Congressional Record United States. Congress, 1994

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