



# Building with Awareness: The Construction of a Hybrid Home DVD and Guidebook

*Ted Owens*

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## **Building with Awareness: The Construction of a Hybrid Home DVD and Guidebook** Ted Owens

Constructing a straw bale solar home requires the merging of solar design with alternative building techniques. Books are useful for accessing information on these topics quickly and easily, while videos are a great way to show actual building methods and techniques firsthand.

The *Building with Awareness* DVD/guidebook combination brings you the best of both worlds. The award-winning DVD is inspiring and informative, with over five hours of material on every aspect of building a green home. The handy reference guidebook complements the DVD, with color photographs, diagrams, suggestions, and step-by-step methods, all condensed into a nuts-and-bolts format. Used together, these two valuable resources provide a visually dynamic and easy-to-understand library of information.

- Take a front-row seat on the work site, learning from the experts as they notch and stack the straw bales and mix the mud.
- Learn about foundations, post-and-beam wall framing, roof construction and insulation, interior thermal mass walls for improved efficiency, rain-water cisterns, electrical wiring, and photovoltaic systems.
- Learn earth-plastering techniques that create beautiful wall finishes.
- Understand how window placement and other structural elements can help to heat and cool your home and lower your energy bills.
- See how the structure works as a whole and how both energy efficiency and superb aesthetics can come from the same materials.

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