



# **Old House Eco Handbook: A Practical Guide to Retrofitting for Energy-Efficiency & Sustainability. by Roger Hunt, Marianne Suhr**

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A PRACTICAL GUIDE TO RETROFITTING FOR ENERGY-EFFICIENCY AND SUSTAINABILITY 'A much-needed and timely volume that mixes common-sense building science and practical instruction' Kevin McCloud Old House Eco Handbook is a companion volume to the authors' highly successful Old House Handbook, published in association with the Society for the Protection of Ancient Buildings (SPAB). It seeks to answer the questions homeowners and others are asking about how to make old houses - medieval and timber-framed, Georgian, Victorian or Edwardian terraces - energy-efficient and sustainable. This book includes sections on: \* Roofs and ceilings - insulation options \* Windows and Doors - draft proofing, secondary glazing \* Painting and limewashing \* Energy and water - solar panels, hydro-power, water efficiency and recycling Energy-efficiency, in particular, is vital to cut carbon emissions, a major contributor to global warming. How should we go about this without devaluing future sustainability or the appeal and character of old homes by the use of inappropriate solutions? Old House Eco Handbook sets out to provide the answers.

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