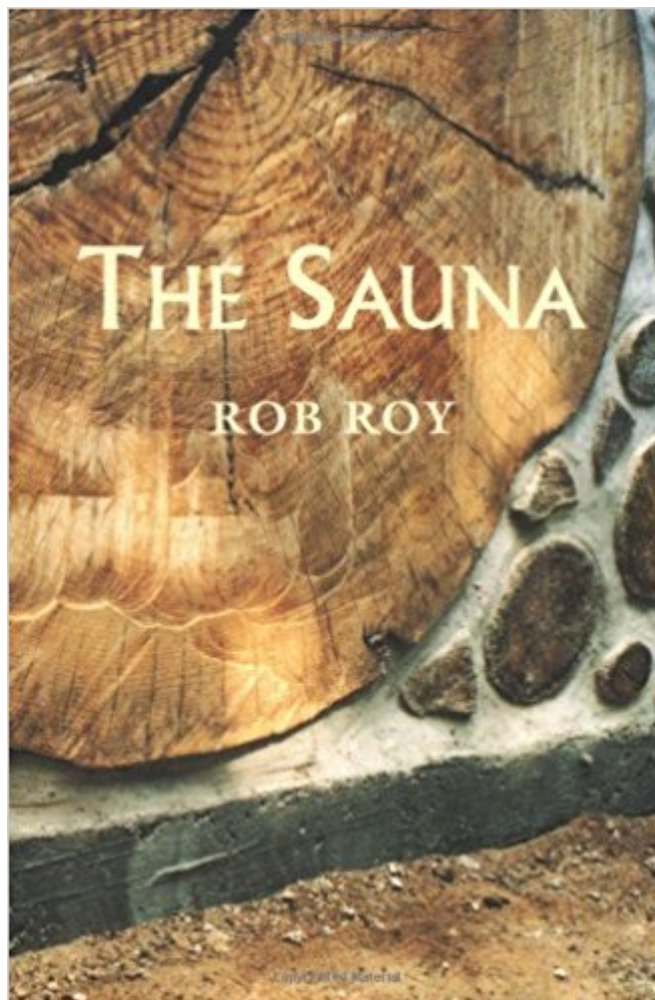


The book was found

The Sauna



Synopsis

The Sauna

Book Information

Paperback: 208 pages

Publisher: Chelsea Green Publishing Company (February 1997)

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Customer Reviews

This book could be called "Everything You Ever Wanted to Know about Saunas and Then Some!" It is replete with sauna history; tradition; health benefits; a complete, detailed guide to building one for yourself, along with resources for equipment and supplies; and instructions on the proper use and maintenance of saunas. You name it, it's here!

Like fondue, the sauna seems to be out of fashion at the moment. Roy's (Complete Book of Underground Houses, Sterling, 1994) book will go a long way toward the repopularization of this recreation. The author of seven previous books, including two that detail some of the construction techniques discussed and demonstrated here, Roy also runs the Earthwood Building School, a teaching facility for those techniques. Precise and incisive, his writing is chatty, of the sort that transpires between friends performing an involving task. Well presented and illustrated, this book is a worthwhile introduction to an ambitious project. Some source information may date quickly, though. For most do-it-yourself collections. ?Alexander Hartmann, INFOPHILE, Williamsport, Pa. Copyright 1997 Reed Business Information, Inc.

This a great book for DIYers. It's simple, encouraging and gives good practical information. There are photos and diagrams of the steps in the building process and of completed saunas. I have had this book for two years now and every once in awhile I open it up and dream. The author convincingly explains that the cordwood sauna is really the only way to go. I think the best thing about this book is that Mr. Roys' advice is very encouraging for someone who only has weekends to work on the project. He writes that you can put a tarp over what you've completed and come back later. You may ask why my title isn't, "I HAVE BUILT THIS." Let's be honest. While I don't think this a technically hard project, it will be a time consumer. Wish me luck.

With the history of the Sauna going back one thousand years, it is no wonder they are embedded in many cultures. Cordwood masonry construction is a method of building that is both inexpensive and highly efficient. Containing both qualities of insulation and mass, a cordwood masonry wall is both highly energy efficient and suited to the construction of a sauna. The owner-builder will have no trouble learning the construction methods presented here and will built a structure that can last over one hundred years. Great detail is shown in order for the owner to construct a sauna that uses no electricity and will be a favorite of all of your friends and neighbors. Cordwood masonry is also a great building method for your home also as detailed in Rob Roy's other fine owner-builder books.

This is a decent book on cordwood construction, with some emphasis on saunas, but it shows up frequently in searches of DIY sauna building books. Unlike cordwood construction is on your plate, this isn't the book you want. There's a nice sauna cabin layout described in the book, but it's just a couple of pages.

This book should be called The Cordwood Sauna. If you are looking for a book about cordwood saunas, this is the book for you. If you are looking for information about any other type of sauna, looks elsewhere. Of the 200 pages, about 20 of them are not specific to cordwood saunas (and their construction).

I ordered that book because I wanted to construct a sauna in my basement. Based on the publisher's recommendation I felt very confident that I will find all the necessary information to help me with my project. To my deepest disappointment this book deals only with a very specific type of a sauna : one that is constructed from logs in a cement base. That is one of the limitations of the internet store : you never know what you are getting.

I had this book earlier but lost it in a flood. My previous home in northern Michigan had a Finnish Sauna and I loved it. Someday, I will build a cordwood.

Roy Rob is a master builder with a style that makes practical info go down easy. Check out the updated, newest edition of this book:ISBN-13: 978-1931498630.enjoy!

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