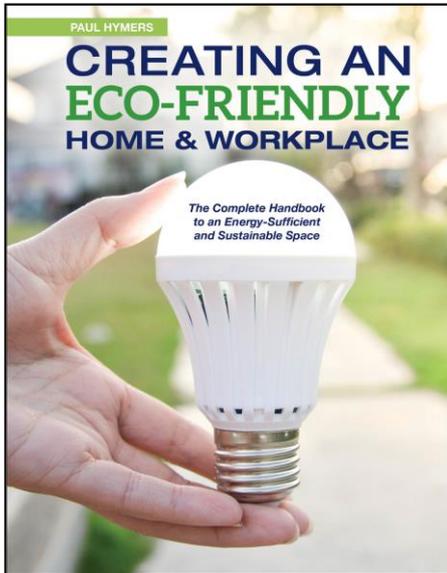


NEW BOOK: PRESS RELEASE

The must-have guide to creating an eco-friendly, energy-efficient home or workplace
Packed with practical information and money-saving tips to help individuals improve the quality of life
for themselves, their family and future generations
For Media Release from 20 August 2018

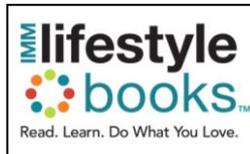
"This book is about making small changes to your home – things you can easily do to reduce the effect you have on the environment – and create a healthier home in which to live." Paul Hymers



CREATING AN ECO-FRIENDLY HOME & WORKPLACE

*The Complete Handbook to an
Energy-Efficient and Sustainable Space*

by Paul Hymers



ISBN: 978-1-5048-0095-2 Paperback 192 pages rrp £14.99
Illustrated throughout with diagrams, drawings & photos
Published by IMMLifestyleBooks.com 2018
Available through all good bookshops and internet booksellers
Distributed in the UK by Grantham Book Service, Lincs

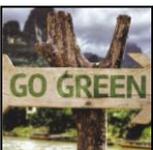
Written by an experienced building engineer and inspector, this is the go-to reference for anyone wishing to make their home or workplace more energy-efficient, less costly and healthier for themselves, their families and the planet.

With the looming threat of climate change, we all want to do our bit to help slow down global warming and minimise our impact on the environment – but many people think that any efforts they can make will be too small to make any *real* difference or will be far too complicated or expensive to implement in their own home or office.

This book encourages them to think again. It shows how they can make relatively small changes which will significantly benefit their lives today – and the lives of their children, grandchildren and future generations – without costing the earth!

This exciting new book offers many inspirational ways to make small (and major) adjustments including:

- Money-saving eco-friendly tips to reduce energy bills
- Realistic alternative energy options for the home and workplace
- Hands-on ways to implement the three 'R's: Reduce, Re-use and Recycle
- Practical ways to improve air quality, lighting and building insulation
- Ways to conserve heat, harvest rainwater and install solar panels
- Tackling air pollution, and curing "sick home syndrome"



Thanks to the author's jargon-free explanations and use of excellent diagrams and photos, readers do not need to be building-trade professionals or DIY-experts to understand the projects described.

This book is the indispensable guide for anyone who wishes to make their home, office or premises a greener, more sustainable, less expensive and healthier place in which to live or work.

Media opportunities: Review copies available on request • Extracts/serialisation rights • Competition prizes
• The author is available for interviews and is based in Kent • Feature suggestions appear overleaf

See over for feature suggestions, book contents and further information about the author >>>>



To request a review copy or to be put in touch with the author, please contact
Elly Donovan PR elly@ellydonovan.co.uk tel: 0790 508 7779 / 01273 205 246 www.ellydonovan.co.uk
twitter: @EllyDonovanPR facebook.com/EllyDonovan Linked-In: Elly Donovan PR



NEW BOOK: PRESS RELEASE continued

CREATING AN ECO-FRIENDLY HOME & WORKPLACE by Paul Hymers



“Create a better environment for your home – and a better home for the environment”

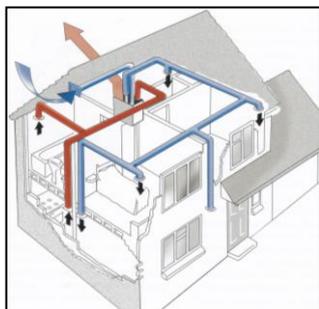
Paul Hymers

Feature suggestions:

- The Three ‘R’s: Top tips to help you Reduce, Reuse and Recycle • How much will going green cost? Creating an eco-friendly home on a tight budget • Which plastics can be recycled in my local area?
- Should I change the boiler in my property? • Know your lightbulbs: a layman’s guide to lighting
- Giving your home a planet-friendly facelift: ten DIY eco-friendly decorating products (from paints to flooring)
- How do I know if my house has “sick home syndrome”? • Low-water gardening tips: planting to conserve water
- The Dos and Don’ts of solar panning – what the layman needs to know

Contents: The book offers practical advice and clear explanations on the following topics:

- **Lighting:** Improving natural light indoors • Converting to eco-friendly artificial lighting (indoors & out)
- **Power:** Our need for power • Alternative energy options • Financial considerations • Solar power panels
 - Wind power and wind turbines • Biomass power • Ways to reduce consumption and to store energy
- **Heating:** Solar energy for hot water • Solar collector panels • Evacuated tube collectors • Flat-plate collectors • Avoiding common installation problems
 - Indirect and direct hot water systems • Integrated heating and hot water systems • Compact systems for compact homes • Electric boiler systems • Warm air heating systems • Geothermal heating systems • Changing to an energy-efficient boiler • Easy ways to conserve heat
- **Shelter:** Cooling and warming your home naturally with shading, air cooling and energy stores • Eco-friendly materials for home improvements (an A-Z of building materials and their environmental impact) • Insulating your home: lofts; cavity walls; solid walls • Redecorating: paints; natural flooring
- **Air:** Indoor air pollution • Sick home syndrome • Volatile organic compounds • Poisons • Improving air quality in your home • Electromagnetic field pollution • Radon • Air cooling an overheated home • Working from a healthy home • Improving air quality through better ventilation (including stack ventilation; whole house ventilation with optional heat recovery; and upgrading extractor fans)
- **Waste:** The three Rs of recycling: Reduce; Reuse and Recycle • Recycled materials and recycled-content materials • Waste disposal: plastics, metals, green waste; wood; sanitary ware; electrical and electronic equipment • Composting
- **Water:** Conserving water in the home and garden • Recycling waste water • Filtration systems • Harvesting and using rainwater • Conserving water in the garden: low-watering gardening (including planting suggestions); treating rainwater; soil improvement



The book also includes a helpful **Glossary of terms**, a list of **Useful Contacts** for further information, as well as a comprehensive **Index** for quick reference.



About the author: Paul Hymers, MIAS, MEng, is a corporate building engineer who works as a qualified Building Control Officer for his local county council. Having inspected over a thousand home extensions, he has developed an intimate knowledge of the building industry. He is also the author of *Complete Handbook of Home Extensions* (2015); *New Home Builder* (2008) & *Home Renovations* (2004)

“Collectively we send about two billion tonnes of carbon dioxide into the atmosphere every year. Collectively, if we choose, we could send much, much less Individuals only have to make small changes to yield big consequences” Paul Hymers

Media opportunities: Review copies available on request • Extracts/serialisation • Competition prizes • Author available for interviews. **Local UK interest – KENT:** Author was born in and lives in **Ashford, Kent**. He has worked for several local authorities and currently works for **Folkestone & Hythe**.



To request a review copy or to be put in touch with the author, please contact **Elly Donovan PR**
elly@ellydonovan.co.uk tel: 0790 508 7779 / 01273 205 246 www.ellydonovan.co.uk
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