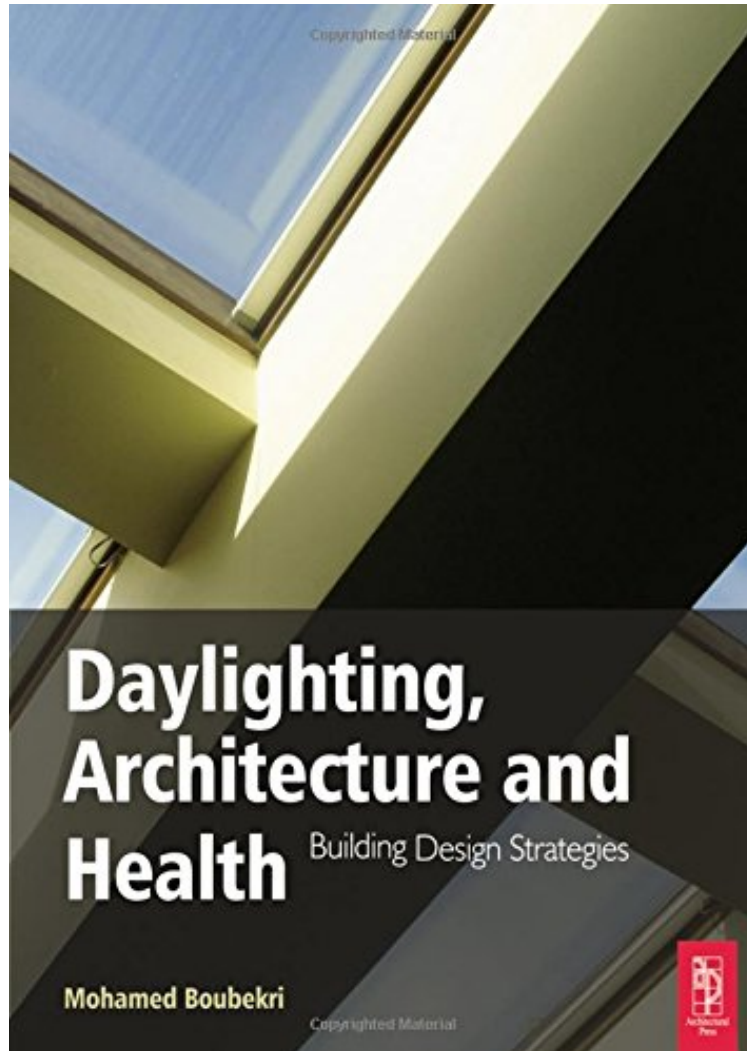


Daylighting, Architecture and Health

Mohamed Boubekri

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Mohamed Boubekri : Daylighting, Architecture and Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Daylighting, Architecture and Health:

0 of 0 people found the following review helpful. Research book. More metaphysics than physics. Sustainability hype.By .This is more of a research publication. It's domain belongs in academia and its research approach is rather obviously intersubjective, given its content - the sun. It delves into the metaphysics of the sun and even elaborates to some degree on its divine history that shaped its early and present ontology.If your into research and the intersubjective metaphysics of daylighting then buy the book, otherwise, there is no practical information contained here. Not much inductivity regarding approach and designs standards. Over 100 pages on metaphysics and barely 10

pages on approaches. Nothing much here that could help deduce outcomes. Therefore, it's a period book caught up in the sustainability hype of the year it was published. It's not a book that can stand the test of time. And it was outdated within the first year. For research, though, I recommend sticking with the IES publications from their website. There are better reasons why they are posted there. 3 of 8 people found the following review helpful. Not worth the money. By E. Tu. The title of the book is a stretch. I bought it to learn "Building Design Strategies". Of the 130 pages, only 30 pages talked about strategies, the rest, is a collection of findings from other people's research papers. It should be titled Daylight and Health. The book is not worth the money! Wish I could return it for a refund.

Daylighting, Architecture and Health examines the relationship between natural light in buildings and human health, considering both psychological and physiological issues and bringing together a range of research in the field. As we are becoming increasingly conscious of global warming and pushing towards energy efficiency in buildings, the book examines the question of daylighting from the perspective of the health of building occupants. It gathers and reviews all the latest and pertinent medical and architectural research related to natural light, or lack thereof, and its effect on people.* Documents medical research findings which establish a link between light quality and health* Considers design strategies for increasing daylight in buildings* Develops understanding and awareness of the importance of natural light in buildings Daylighting, Architecture and Health: Building Design Strategies is a timely and essential text for professional architects and all others concerned with the effects of daylighting on health, architecture and building design.