
The Modern Sauna And Related Facilities

Mobile Saunas
 The Sauna
 The Modern Sauna: and Related Facilities
 Ancient Rome
 Stuff You Should Know
 The Opposite of Cold
 Steam to Happiness
 Some Like It Hot
 Sauna Studies
 The Secrets of Finnish Sauna Design
 Genius Foods
 Understanding Global Cultures
 Lifestyle Psychiatry: Investigating Health Behaviours for Mental Well-Being
 Louisiana
 Sauna Magic
 The Jewish Body
 Bath Haus
 Styled
 The Art of Sauna Building
 Understanding Global Cultures: Metaphorical Journeys Through 31 Nations, Clusters of Nations, Continents, and Diversity
 Modern Hydrotherapy for the Massage Therapist
 Finnish Sauna
 The Death and Life of the Great Lakes
 Remodelista in Maine
 More Word Histories and Mysteries
 Drunk Yoga
 Victorian Turkish Baths
 Nature's Detox Plan
 AgeLess
 Sweat
 Be Well
 Male Infertility
 The Sauna is
 Wintering
 The Sauna Is Full of Maids
 The New Mind-Body Science of Depression
 The Science of the Sacred
 Potentials for reducing the health and climate impacts of residential biomass combustion in the Nordic countries
 Thermal Delight in Architecture
 Encyclopedia of Religion and Nature

*The Modern Sauna And
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Mobile Saunas W. W. Norton & Company
 Cheryl J. Fish first visited Finland as a Fulbright professor in 2007. Since then she has returned many times to research protest and resistance to mining and extraction in Arctic Fennoscandia in the works of Sami filmmakers, photographers, and artists. However, the landscapes and experiences of the country's saunas, lakes, villages, homes, streets, and parks evoked rich stories and poetry. This unique collection of poems, *The Sauna Is Full of Maids*, is a reflection on how present-day Finnish life intertwines with folklore and mythology-expressed in the Kalevala, a work of epic poetry compiled from long-lived ballads, songs, and incantations-and

advancing modern developments. Accompanied by many of the poet's own photographs, this collection has the kind of rich cultural detail that warms and satisfies the reader with insight and appreciation.

The Sauna University of Pennsylvania Press

This is a collection of sauna trucks, sauna buses, sauna wagons, sauna cars, sauna bikes, sauna trailers, sauna boats, sauna floats, trail sweats, *bastuflotten*, *bastubats*, banya trucks, banya tents, and other mobile sweats. They are gathered from across North America, Russia, Europe and particularly Finland, where the annual Teuva mobile sauna festival attracts over 50 examples every year. After building several mobile saunas, Kārlis began a multi-year study of the mobile sauna phenomenon in form and culture.

Collected here is the result of that study, including photographs, viewpoints of builders, commentary and notes on design. Students of culture and architecture, sauna lovers and mobile sauna builders will appreciate the variety of forms, designs, styles and ideas revealed in this volume.

The Modern Sauna: and Related Facilities Chelsea Green Publishing
 With its elegant simplicity and rugged DIY sensibility, the Maine aesthetic is both evergreen and timely. In this one-of-a-kind book, the Remodelista team offers readers both a guide for the design-minded traveler and a master class in re-creating the Maine look in one's own home. Author Annie Quigley takes readers into 10 exceptional homes, ranging from a renovated farmhouse to a sophisticated artists' retreat, offering invaluable design

lessons along the way. There are interviews with local experts, who teach readers how to channel the Maine way of life (chop firewood, hunt for flea market finds, and weather the summer without AC), and step-by-step projects for Maine-inspired home decor, including printed tea towels, mussel-shell votives, and balsam fir pillows. Expertly curated itineraries include design shops, galleries, restaurants, hotels, and more. And finally, the Remodelista team highlights the 'Maine 25': classic, beautiful products that are built to last, sourced from local makers. It adds up to the perfect travel companion, design inspiration, and how-to manual, all rolled into one!

[Ancient Rome](#) MIT Press

New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and

performance today—and decades into the future.

Stuff You Should Know Shanti Arts LLC Nominated for a 34th annual Lambda Literary Award • A scintillating thriller with an emotional punch: "The tension builds to unbearably claustrophobic levels. To say more would rob readers of the 'no, he didn't' suspense that makes *Bath Haus* an unexpectedly twisted, heart-pounding cat-versus-mouse thriller" (Los Angeles Times). Oliver Park, a recovering addict from Indiana, finally has everything he ever wanted: sobriety and a loving, wealthy partner in Nathan, a prominent DC trauma surgeon. Despite their difference in age and disparate backgrounds, they've made a perfect life together. With everything to lose, Oliver shouldn't be visiting *Haus*, a gay bathhouse. But through the entrance he goes, and it's a line crossed. Inside, he follows a man into a private room, and it's the final line. Whatever happens next, Nathan can never know. But then, everything goes wrong, terribly wrong, and Oliver barely escapes with his life. He races home in full-blown terror as the hand-shaped bruise grows dark on his neck. The truth will destroy Nathan and everything they have together, so Oliver does the thing he used to do so well: he lies. What follows is a classic runaway-train narrative, full of the exquisite escalations, edge-of-your-seat thrills, and oh-my-god twists. P. J. Vernon's *Bath Haus* is perfect for readers curious for their next must-read novel.

[The Opposite of Cold](#) A&C Black

The *Encyclopedia of Religion and Nature*, originally published in 2005, is a landmark work in the burgeoning field of religion and nature. It covers a vast and interdisciplinary range of material, from thinkers to religious traditions and beyond, with clarity and style. Widely praised by reviewers and the recipient of two reference work awards since its publication (see www.religionandnature.com/ern), this new, more affordable version is a must-have book for anyone interested in the manifold and fascinating links between religion and nature, in all their many senses.

[Steam to Happiness](#) Penguin

Illness prevention, designed by nature, and researched by a rocket scientist! You do not need a background in science to understand Nature's Detox Plan because it is based on common sense. This book is an excerpt of the detox and lifestyle sections from *The Wellness Project*. Find out how nature designed humans to detoxify, and what constitutes a healthy

lifestyle.

[Some Like It Hot](#) W. W. Norton & Company Victorian Turkish Baths is the first book to bring to light the hidden history of a fascinating institution - the 600-plus dry hot air baths that sprang up across Ireland, Britain and beyond, in the 19th century. Malcolm Shifrin traces the bath's Irish-Roman antecedents, looking at how its origins were influenced by the combination of physician Richard Barter's hydropathic expertise, and idiosyncratic diplomat David Urquhart's passion for the hammams of the Middle East. The book reveals how working-class members of a network of political pressure groups built more than 30 of the first Turkish baths in England. It explores the architecture, technology and sociology of the Victorian Turkish bath, examining everything from business and advertising to sex-real and imagined. This book offers a wealth of wondrous detail - from the baths used to treat sick horses to those for first-class passengers on the Titanic. Victorian Turkish Baths will appeal to those interested in Victorian social history, architecture, social attitudes to leisure, early public health campaigns, pressure groups, gendered spaces and much else besides. The book is complemented by the author's widely respected website victorianturkishbath.org, where readers can find a treasure trove of further information. Victorian Turkish Baths is the first book to bring to light the hidden history of a fascinating institution - the 600-plus dry hot air baths that sprang up across Ireland, Britain and beyond, in the 19th century. Malcolm Shifrin traces the bath's Irish-Roman antecedents, looking at how its origins were influenced by the combination of physician Richard Barter's hydropathic expertise, and idiosyncratic diplomat David Urquhart's passion for the hammams of the Middle East. The book reveals how working-class members of a network of political pressure groups built more than 30 of the first Turkish baths in England. It explores the architecture, technology and sociology of the Victorian Turkish bath, examining everything from business and advertising to sex-real and imagined. This book offers a wealth of wondrous detail - from the baths used to treat sick horses to those for first-class passengers on the Titanic. Victorian Turkish Baths will appeal to those interested in Victorian social history, architecture, social attitudes to leisure, early public health campaigns, pressure groups, gendered spaces and much else besides. The book is complemented by the author's widely respected website victorianturkishbath.org, where readers

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Sauna Studies SAGE Publications
NEW YORK TIMES BESTSELLER • The ultimate guide to thinking like a stylist, with 1,000 design ideas for creating the most beautiful, personal, and livable rooms. It's easy to find your own style confidence once you know this secret: While decorating can take months and tons of money, styling often takes just minutes. Even a few little tweaks can transform the way your room feels. At the heart of *Styled* are Emily Henderson's ten easy steps to styling any space. From editing out what you don't love to repurposing what you can't live without to arranging the most eye-catching vignettes on any surface, you'll learn how to make your own style magic. With Emily's style diagnostic, insider tips, and more than 1,000 unique ideas from 75 envy-inducing rooms, you'll soon be styling like you were born to do it.

The Secrets of Finnish Sauna Design
Springer

This unique text provides a comprehensive yet concise review of the various environmental factors and lifestyle choices which impact male fertility, with special emphasis on the mechanisms that contribute to decreased sperm production and impaired function. Internationally recognized scientists and clinicians, leaders in the field of infertility, gather their insights and discuss how to prevent, address and cure male infertility caused by factors such as smoking, alcohol consumption, medication and drug use, obesity, dietary and exercise habits, sexually transmitted infections, psychological stress and occupational exposure to chemicals and radiation. Written in an easy to follow, informal yet scientific style, *Male Infertility* offers invaluable clinical guidelines for physicians and infertility experts and new data and research of great interest to basic scientists, andrologists and embryologists.

Genius Foods English Heritage
New York Times Bestseller Winner of the Los Angeles Times Book Prize Winner of the J. Anthony Lukas Award "Nimbly splices together history, science, reporting and personal experiences into a taut and cautiously hopeful narrative.... Egan's book is bursting with life (and yes, death)." —Robert Moor, New York Times Book Review
The Great Lakes—Erie, Huron, Michigan, Ontario, and Superior—hold 20 percent of the world's supply of surface fresh water and provide sustenance, work, and recreation for tens of millions of Americans. But they are under threat as never before, and their problems are

spreading across the continent. *The Death and Life of the Great Lakes* is prize-winning reporter Dan Egan's compulsively readable portrait of an ecological catastrophe happening right before our eyes, blending the epic story of the lakes with an examination of the perils they face and the ways we can restore and preserve them for generations to come.

Understanding Global Cultures Potter Style
The scientific and therapeutic implications of a new way of understanding a common disease. Depression has often been studied, but this multifaceted disease remains far from understood. Here, leading researchers present a major new view of the disorder that synthesizes multiple lines of scientific evidence from neurobiology, mindfulness, and genetics. A comprehensive mind-body approach to understanding, evaluating, and treating this disease.

Lifestyle Psychiatry: Investigating Health Behaviours for Mental Well-Being
Houghton Mifflin Harcourt

A full-color history and celebration of Finnish sauna in the western Great Lakes region.

Louisiana Simon and Schuster
A showcase of the current culture and architecture, protagonists and ideas, and treatments and aims of twenty-first-century wellbeing. One of life's greatest pleasures is a day spent rejuvenating the body and nourishing the spirit. Humans have practiced self-care for centuries--in the sweat lodges of the American Southwest, Roman baths, the hammams of the Ottoman Empire, Japanese onsens, and Finnish saunas. Today, a new interest in self-care is redefining how we accomplish wellness, and there have never been more options. In our increasingly switched-on lives, a growing industry of highly choreographed experiences is geared to help us switch off. *Be Well* is a journey around the world's most extraordinary spaces for achieving this, looking at the innovative practices they offer and how to carry them into everyday life.

Sauna Magic Frontiers Media SA
This text offers a modern approach to hydrotherapy—the use of water, ice, steam, and hot and cold temperatures to improve or maintain health—as performed by massage therapists. Authored by an experienced massage therapist, this book presents clear, uncomplicated explanations of how hydrotherapy affects the body, and then demonstrates a wide variety of hydrotherapy treatments. The book suggests how massage therapists may use hydrotherapy treatments before and

during massage sessions, or give these treatments to clients to do between sessions for faster and better results. The author presents real-life examples and case studies obtained through interviews with massage therapists, athletic trainers, physical therapists, naturopathic doctors, aquatic therapists, and medical doctors treating patients in a medical hydrotherapy setting.

The Jewish Body Flatiron Books

This book contains information and instructions for the design of genuine Finnish saunas, with sections on sauna rooms, components, seating platforms and furnishings, and the planning of the related heating, ventilation, and electrical installations, as well as the specialties of sauna stoves and their selection. It also includes a special chapter on building a traditional smoke sauna. This book is all the reader will need in order to successfully plan and build a Finnish sauna.

Bath Haus Die Gestalten Verlag-DGV
With a history going back at least one thousand years, the sauna is ready for a new generation of enthusiasts seeking health, pleasure, and peace of mind, and Rob Roy is ready to recruit! "If the sauna is just a bath, then Buckingham Palace is just a house." So writes sauna expert and intrepid do-it-yourselfer Roy in this new, updated version of *The Sauna*. This completely revised and expanded edition of *The Sauna* contains everything you ever wanted to know about the famous "Finnish bath." In this inviting book, Roy shares his infectious enthusiasm for the sauna and provides a complete, detailed guide to sauna building, along with resources for equipment and supplies. *The Sauna* is replete with history, tradition, health benefits, instructions for proper use and maintenance, as well as step-by-step instructions for building a variety of cordwood masonry saunas and, new to this edition, conventionally wood-framed saunas. The beautiful color photographs, also new to this edition, will inspire you to create your own sauna haven.

Styled Rakennustieto Publishing
Residential biomass combustion is a major source of PM2.5 and SLCP (Short Lived Climate Pollutants) emissions in Denmark, Finland and Sweden. SLCPs and PM2.5 have impact on climate, environment and health. When developing strategies for reduced emissions, reliable information on current emissions and assessments for how they can be reduced is essential. This report presents recommendations for how to further improve national activity data collection procedures for less uncertain emission inventory results. It also presents

scenario results with estimated technical potentials for reduced emissions of SLCPs and PM2.5 from residential biomass combustion, transformed into potential impact on health and climate effects in 2035.

The Art of Sauna Building SAGE

Covering the lively, even raucous, history of Louisiana from before First Contact through the Elections of 2012, this sixth edition of the classic Louisiana history survey provides an engaging and comprehensive narrative of what is arguably America's most colorful state. Since the appearance of the first edition of this classic text in 1984, Louisiana: A History has remained the best-loved and most highly regarded college-level survey of Louisiana on the market. Compiled by some of the foremost experts in the field of Louisiana history who combine their own research with recent historical

discoveries. Includes complete coverage of the most recent events in political and environmental history, including the continued aftermath of Katrina and the 2010 BP oil spill. Considers the interrelationship between Louisiana history and that of the American South and the nation as a whole. Written in an engaging and accessible style, complemented by more than a hundred photographs and maps.

Understanding Global Cultures: Metaphorical Journeys Through 31 Nations, Clusters of Nations, Continents, and Diversity North Atlantic Books

The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga

poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.