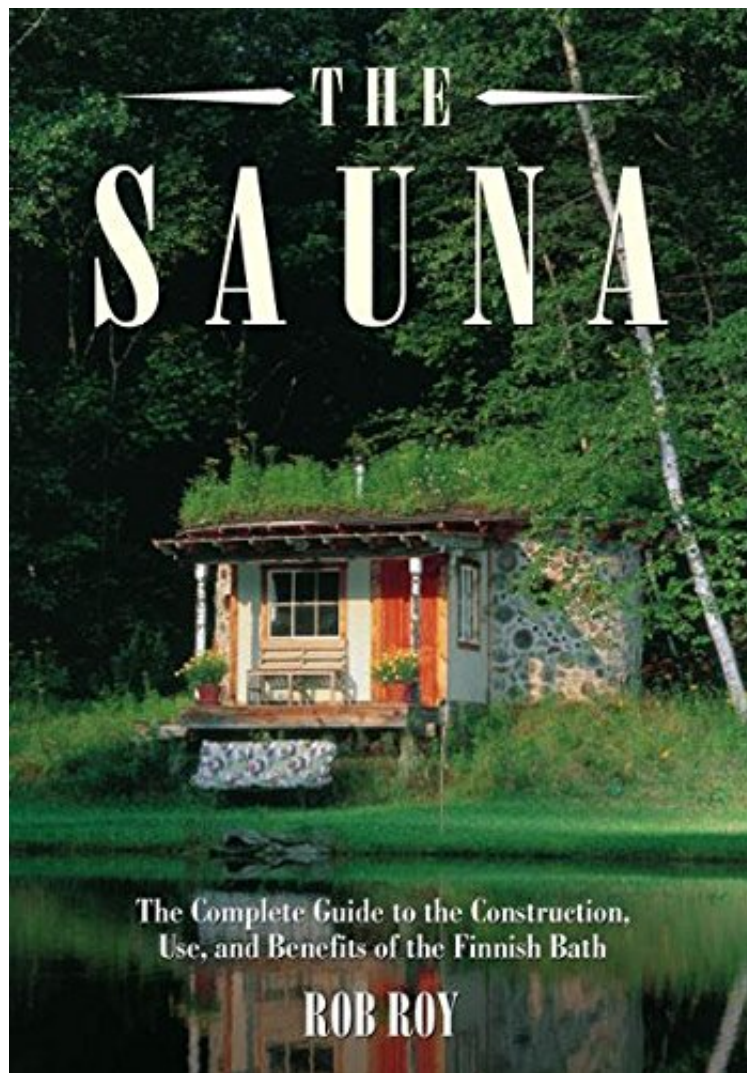


[Ebook free] The Sauna: A Complete Guide to the Construction, Use, and Benefits of the Finnish Bath, 2nd Edition

The Sauna: A Complete Guide to the Construction, Use, and Benefits of the Finnish Bath, 2nd Edition

Rob Roy

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1 of 1 people found the following review helpful. Wasn't for meBy HistoricusI bought this based on Rob's other books and the subtitle. "A complete guide to the Construction....." lured me. This may be true for those who build regularly, but the book doesn't even list a complete detailed plan. It does explain many wonderful options that a builder can use,

but for those of us who can't build from scratch by looking at a picture, the lack of details is detracting. The book does not deal with Cordwood only. In fact many of the examples have nothing to do with Cordwood at all. 0 of 0 people found the following review helpful. Four Stars By Customer No complaints 0 of 0 people found the following review helpful. Wonderful By Tatanka A wonderful book! Some great ideas and designs in here, as well as in depth reasoning, by an experienced and knowledgeable author, of how and why the sauna may be built. Anyone interested in building a sauna needs this book!

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.

"Precise and incisive, Roy's 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." About the Author Rob Roy knows what it means to live mortgage free. As director of Earthwood Building School since 1981, he has instructed many in the arts of natural building, and renewable energy. He is also the author of *Earth-Sheltered Houses*, *Cordwood Building*, *Timber Framing for the Rest of Us*, *The Sauna*, and *Stone Circles*. Rob and his family live in West Chazy, New York. You can learn more about Earthwood Building School at www.cordwoodmasonry.com.