



The JLC Guide to Energy Efficiency

The Journal of Light Construction

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The Journal of Light Construction has assembled an all-star team of national building and energy experts to help you understand energy efficient construction methods and apply them to your new construction and remodeling projects.

This practical book describes in detail the proven field-tested techniques that are both cost- effective and resource-efficient. For example, you'll learn:

- The facts vs. myths about energy and moisture
- The uses (and misuses) of air and vapor barriers
- How to build low-cost airtight shells
- The pros and cons of fiberglass, cellulose, and foam insulation
- How to do blower door tests
- Details for high-R wall systems
- How to quickly find and seal hidden air leaks
- Selecting the best windows for your climate
- Cost-effective energy retrofits your customers want
- Trouble-free heating and cooling installation
- Ventilating tight homes with HRVs, ERVs, and alternatives
- When indirect, tankless, and solar hot water make sense
- The causes and cures of backdrafting
- How to work with SIPs and ICFs
- and much more

Many energy-efficient building techniques are overly-complicated. They're costly. And they frequently fail to deliver the promised energy performance.

In contrast, this hands-on book from JLC cuts through the confusion and identifies the best building techniques and materials to help you achieve superior energy performance in all your building projects.

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