

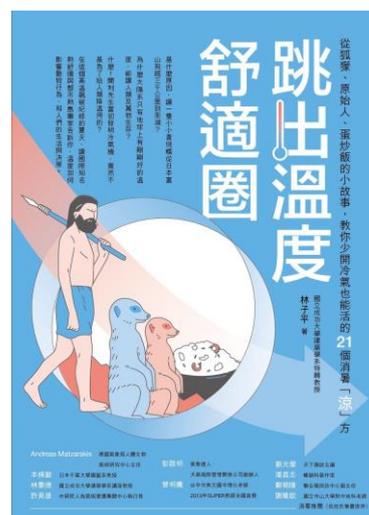
EXPAND YOUR THERMAL COMFORT ZONE: 21 TIPS ON STAYING COOL THE ECO-FRIENDLY WAY

跳出溫度舒適圈：從狐獴、原始人、蛋炒飯的小故事，教你少開冷氣也能活的 21 個消暑「涼」方

Thermal comfort expert Lin Tzu-Ping reveals our complex physiological and behavioral responses to rising temperatures, and provides eco-friendly tips for staying cool even as the world heats up.

In the era of global warming, it's no longer a surprise when we're hit with one record-breaking heat wave after another. But what can we do to beat the heat without adding fuel to the fire? With this book, internationally recognized expert on thermal comfort Lin Tzu-Ping shines light on the intricate relationship between temperature and human activity, offering eco-friendly tips for keeping cool on those sweltering summer days.

The book is divided into four parts, each addressing one aspect of humanity's problematic relationship with excess heat. Part one, "The Origins of Temperature", clarifies the fundamentals, covering everything from the physical definition of temperature to how the Earth maintains relatively stable temperatures from year to year. Part two, "Temperature and Living Spaces", guides readers through the important architectural design factors that influence interior temperatures. From the selection of building materials, to the strategic use of shading, insulation, and ventilation, readers will



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learn the tricks architects use to create comfortable living spaces that don't overheat.

In part three, "Temperature and Human Activity", the book explores how temperature impacts both large-scale planning and individual life decisions. It examines the timing of sports events, our choice of vacation destinations, and even the beverages we consume, demonstrating the far-reaching effects of temperature on our daily lives. Part four, "Helping Cool the World", encourages readers to cultivate environmental awareness while looking at practical ways to reduce energy use and engage in responsible consumer behavior.

Professor Lin Tzu-Ping approaches the issue of global warming from his perspective as a scientist and a citizen of Taiwan, an island nation that lies partially within the tropics. Emphasizing solutions that effectively tackle rising temperatures, this book is packed with practical examples, easy-to-follow explanations, and helpful diagrams, offering readers dozens of ways to beat the heat without cranking up the aircon.

Lin Tzu-Ping 林子平

Professor Lin Tzu-Ping is a world-renowned authority on thermal comfort and urban heat islands. He is currently distinguished professor in the Department of Architecture and vice-chair of the College of Planning and Design at National Cheng Kung University. In 2021, his book *Why Are Our Cities Getting Hotter?* was recognized as a Best Book for Young Readers by the Taipei Public Library.