

1. Record Nr.	UNINA9910150220103321
Autore	West Mark <1953->
Titolo	The fabric formwork book : methods for building new architectural and structural forms in concrete // Mark West
Pubbl/distr/stampa	New York : , : Routledge, , 2016
ISBN	0-415-74886-0 1-315-67502-1 1-317-38092-4
Descrizione fisica	1 online resource (494 pages)
Disciplina	624.1834
Soggetti	Concrete construction - Formwork
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. About flexible formworks -- pt. 2. Construction.
Sommario/riassunto	"Concrete is the most used man-made material in the world and is the fundamental physical medium for most of the world's architecture and construction. The character of concrete is largely the product of the rigid moulds that have shaped it since its invention in antiquity. The advent of flexible moulds, however, marks a radical break from conventional practice - and conventional concrete architecture. The Fabric Formwork Book provides the first comprehensive handbook on the emerging technology of flexible moulds for reinforced concrete architecture. Written by the foremost expert in the field, this book takes a comprehensive and generous approach that includes technical, historical and theoretical aspects of the subject. The book: (1) concentrates on simple flat-sheet formworks; (2) contains detailed technical descriptions of how to construct a wide range of formworks for various applications; (3) features case studies from around the world; (4) critiques the difficulties and advantages in each case it covers; (5) provides instruction and guidance on how to model and design fabric-formed structures; (6) includes the most comprehensive history of fabric formwork yet published; (7) features essays from guest expert authors, which explore the theoretical, historical, and poetic significance of flexibly formed architecture and structures; (8)

discusses fabric formwork as an exemplary approach to sustainable construction through its simplicity and efficiency. Beautifully designed and illustrated with a superb range of images, diagrams and technical drawings, the book both informs and inspires. Speaking directly and plainly to professionals, students and academics, the language used is both clear and precise, and care is taken to avoid opaque technical or academic jargon. Technical terms, when used, are clearly described and a special glossary is included to make the book as widely accessible as possible"--Provided by publisher.

2. Record Nr.	UNINA9911020212603321
Autore	Sommer Pascal
Titolo	The Elasticity of Life : From Tissues to Humans
Pubbl/distr/stampa	Newark : , : John Wiley & Sons, Incorporated, , 2023 ©2024
ISBN	9781394236534 1394236530 9781394236510 1394236514
Edizione	[1st ed.]
Descrizione fisica	1 online resource (248 pages)
Altri autori (Persone)	DebretRomain
Soggetti	Tissues Human physiology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title Page -- Copyright Page -- Contents -- Foreword -- Preface -- Acknowledgments -- Introduction -- Part 1. Fantastic Elastic Capital -- Chapter 1. Strengths and Weaknesses of the Elastic Human -- 1.1. Introduction -- 1.2. Longevity and elasticity -- 1.3. Disasters -- 1.3.1. Fibrosis of infectious origin -- 1.3.2. The great pandemics -- 1.4. Cutaneous elastic capital -- 1.4.1. Introduction -- 1.4.2. Wrinkles and scars -- 1.4.3. Beautiful skin -- 1.4.4. The elastic network of the dermis -- 1.5. Loose skin and cutis laxa -- 1.6. What is missing and

malfunctioning in these fiber diseases? -- 1.7. What structures and strengthens the elastic system -- 1.7.1. The mechanical actors -- 1.7.2. Cross-links -- 1.7.3. Calcification -- Chapter 2. Elastic Capital, Air, Water and Other Fluids -- 2.1. Introduction -- 2.2. Respiration -- 2.2.1. The breathing cycle -- 2.3. The 12/8 of perfect blood pressure! -- 2.4. Cellular respiration and energy -- 2.4.1. ATP, our universal source of energy -- 2.4.2. Our mitochondrial battery -- 2.5. The logistics of digestion -- 2.5.1. The intestinal walls: a history of pushing -- 2.5.2. The lazy lymph -- 2.5.3. The kidneys: a story of water and blood -- 2.6. Vascular dilation and constriction -- 2.6.1. The SARS-CoV-2 gateway and blood pressure -- 2.7. Sugar logistics -- 2.7.1. The liver and blood sugar -- 2.7.2. The kidneys and liver under sugar pressure -- 2.8. The perineal set and terminal delivery logistics -- 2.8.1. Cross-linking and vaginal prolapse -- 2.8.2. Mechanical adjustment to pregnancy -- 2.9. The microbiota and its body bioreactor -- 2.10. Conclusion -- Chapter 3. Elasticity and the Senses -- 3.1. Introduction -- 3.2. Singing and dancing -- 3.3. Light transmission and elasticity -- 3.4. Auditory transmission and elasticity -- 3.5. Olfaction -- 3.6. Taste -- 3.7. Touch and proprioception.

3.8. Elasticity and the peripheral nervous system -- Part 2. The Four Challenges of the Elastic Human -- Chapter 4. The First Challenge for the Elastic Human: Mechanical Stress Management -- 4.1. Introduction -- 4.2. Stress of elastic structures -- 4.3. Stresses on organs and fluids -- 4.4. Genetic stress -- 4.5. Stress and epigenetics -- 4.6. Pharmacology and stress -- Chapter 5. The Second Challenge for the Elastic Human: The Management of Food and Inputs -- 5.1. Introduction -- 5.2. Elastic capital and phytotherapy -- 5.3. Elastic capital and dill -- 5.4. Epigenetics and marjoram -- 5.5. Adopting a plant -- 5.6. Elastic capital and protein restriction -- 5.7. Elastic capital and a reasoned diet -- 5.8. Glycine on the menu -- 5.9. Elastic capital and an unreasonable diet -- 5.10. Elastic capital and pollution -- Chapter 6. The Third Challenge for the Elastic Human: Successful Life through Movement -- 6.1. Introduction -- 6.2. The alchemy of movement -- 6.3. Elasticity at both ends of life -- 6.4. The reference frames of motion -- 6.5. Flattering the view and looking good -- 6.6. Feeling your proprioception to improve your posture -- 6.7. Touching and stroking to promote elasticity -- 6.8. Hearing and feeling in order to enjoy the song and movement -- 6.9. Conclusion: let us adopt a loop of "pro-elastic" postures -- Chapter 7. The Fourth Challenge for the Elastic Human: Adopting the Spirit of the Laws of Elasticity -- 7.1. Introduction -- 7.2. Cross-linking and knowledge -- 7.2.1. Knowledge and the expert patient -- 7.2.2. Knowledge and cyberchondria -- 7.3. Resilience and the mechanics of the world -- 7.3.1. Resilience and the elastic human -- 7.3.2. Resilience and society -- 7.4. Compliance, ethics, law and elastic capital -- 7.4.1. Compliance -- 7.4.2. The elastic system and the technical system -- 7.4.3. Mutual aid and the elastic system.

7.4.4. Culture and the elastic human -- 7.4.5. Morality and the elastic human -- 7.5. Chapter summary -- Conclusion -- Appendix -- References -- Index -- EULA.

## Sommario/riassunto

The book 'The Elasticity of Life: From Tissues to Humans' by Pascal Sommer and Romain Debret explores the concept of elasticity in biological systems, focusing on its impact on human tissues and health. It delves into the strengths and weaknesses of the human body's elastic properties, discussing topics like longevity, fibrosis, skin elasticity, and the mechanical factors that strengthen the elastic system. The authors aim to provide a comprehensive understanding of how elasticity influences various physiological processes, including

respiration, digestion, and sensory functions. This book is intended for readers with an interest in biology, medicine, and the mechanics of human health.

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