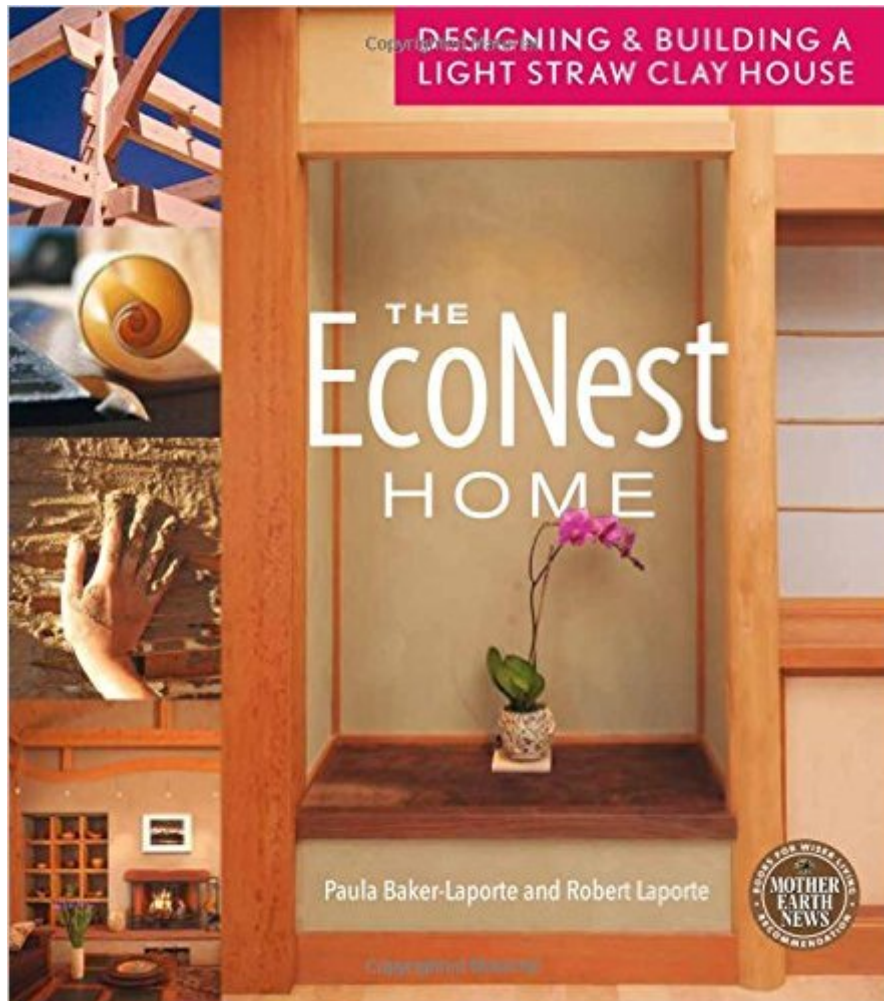


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# The EcoNest Home: Designing And Building A Light Straw Clay House



## Synopsis

An EcoNest is not just a home—it is a breathtakingly beautiful structure that nurtures health and embraces ecology. This unique approach to construction combines light clay straw, timber framing, earthen floors, natural plasters, and other natural techniques with the principles of Building Biology to create a handcrafted living sanctuary. By bringing together time-honored traditions and modern innovations, owners of EcoNests enjoy living spaces that reflect the best of both worlds. The EcoNest Home is an in-depth exploration of the benefits of choosing this technique over conventional alternatives, combined with a complete practical guide for prospective designers and builders. Paula Baker-Laporte and Robert Laporte draw on their own extensive experience to provide: A detailed explanation of the nature-based science behind EcoNests Fully illustrated, step-by-step instructions to guide you through construction Dozens of inspiring photos of completed projects The most comprehensive North American resource on light clay straw construction, written by its leading proponents, The EcoNest Home is a must-read for anyone considering building their own healthy, affordable, environmentally friendly natural home. Paula Baker-Laporte and Robert Laporte are the creators of the EcoNest concept and the authors of Econest: Creating Sustainable Sanctuaries of Clay, Straw and Timber. Robert has built over fifty houses using the EcoNest system and has trained hundreds of professional builders and aspiring owner-builders in using the techniques. Paula has worked as the architect for the EcoNest Company for nearly two decades and is the author of Prescriptions for a Healthy House.

## Book Information

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## Customer Reviews

If you are thinking of putting time, energy, and money into a new home or building, learning about a solid, healthy, ecologically sound structure is fundamental. Whether you are a designer, a builder, or a future buyer, this book demonstrates the techniques used for centuries to create a HOME with modern innovations. Build for the future with techniques from the past and address the increasing presence of the technological world into your home.

As a student of Natural Building and Baubiologie, I have been waiting impatiently for this book to be completed. It is very well written and illustrated, and Robert and Paula's passion and knowledge clearly shine through. If you are interested in creating a healthy home, you owe it to yourself to peruse this book, experience an Econest workshop, and consider building a Light Straw Clay structure.

The EcoNest Home is an inspiration and a revelation to anyone interested in living in a healthy, sustainably built and aesthetic home environment. Paul Baker-Laporte, a healthy building architect and her husband Robert Laporte, an experienced builder of natural buildings, give hands-on workshops in how to build energy-efficient, light straw clay buildings. In this comprehensive and colorfully illustrated book you will find a practical guide to environmentally sound and healthy building methods, which have evolved over many years of experience. After reading their book, even if you like me, don't plan to build, you will never look at your own or any other home again in the same way. When you read how a home's interior can either promote health or disease, you'll want to take steps to assess your own home using the 25 principles of Building Biology starting on page 12. You may not have control of all the variables, but a few like considering the materials used to build your furniture or checking for indoor electro-magnetic radiation sources are well within anyone's ability to take steps toward creating a more healthy home. Finally, the Eco Nest Home is a captivating read. There is an underlying empowering tone, which is hopeful. It's a joy to see among all the beautiful illustrations a community of workshop participants coming together to learn and do their part in contributing to their own health as well as that of the planet. After reading The EcoNest Home we learn how we can all do our part to join in to this healthy living movement. Enjoy!

•The ideal role of our buildings is to shelter us from climatic extremes without sacrificing (the) life-nourishing qualities (found in nature).•From The EcoNest Home by Paula Baker-Laporte and Robert LaporteThis is a gorgeous book. It is full of beautiful photographs, well-drawn illustrations and graphics that clarify the text. Well organized, it takes the reader through three sections:• The EcoNest Philosophy,• How to Build an EcoNest, and• Examples of completed EcoNest homes. Section I lays out the need for natural building, and the principles of design used in this system of light clay straw construction. Section II is a step-by-step description of how to construct using this building system. It starts with the foundation, covers wall and roof construction, and ends by describing interior and exterior finishes. Section III is a portfolio of homes designed and built by Paula and Robert. The EcoNest Home is a delight. The reader will learn the why and the how-tos behind this ancient and elegant art. Whether you are new to natural building or an expert already, the EcoNest Home will resonate. It calls to our human longing for a nourishing relationship with the natural world and a community with which to share that value. Submitted by Joyce Ward, Architect.

I appreciate the thoroughness of the content in this book. The authors cover most of the concerns that have come up for me in my research on building an alternative construction house. In addition to photographs demonstrating their process, they also have good diagrams of how they actually construct their houses. There is enough detail provided to give a sense to the reader of whether to continue further by attending their workshops or by hiring one of their professional affiliates. The authors follow through in their values by having the book printed in Canada and using recycled paper and vegetable-based inks. This is NOT a coffee table book but a resource for people who are serious about exploring alternative ways of building a home.

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