

EDUARDO FONSECA

HIGH PERFORMANCE LIVING

Step-by-Step Guide to
Living Healthier and Longer

High Performance Living Manual

Michael Hoelscher



High Performance Living Manual:

The BPG Building Fabric Component Life Manual Building Performance Group Ltd,2023-08-11 This manual provides a comprehensive source of building component life span and maintenance data for commercial and industrial building components following the same format as the ground breaking HAPM Component Life Manual for domestic buildings Each building component is allocated its own data sheet on which a number of generic descriptions are provided together with assessed life spans and maintenance requirements References to the relevant standards and codes of practice are also included

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