Contents

Prologue: Before the Build 11

Part I: Materials 23

Chapter 1: Origins 25

Chapter 2: Impacts 43

Chapter 3: Alternatives 75

Part II: Design 105

Chapter 4: The Allure of Big and Fat 107

Chapter 5: The Philosophy of Less 129

Chapter 6: Reusing and Upcycling 161

Part III: Purpose 193

Chapter 7: Useful by Design 195

Chapter 8: Constructing Change 221

Chapter 9: Buildings That Heal Our Planet 249

Epilogue: What We Build Next 277

Further Reading 283

Acknowledgements 285

References and Notes 289

Index 311