



Book Review Editor: Theodore J. Weidner, Ph.D., P.E., CEFP, AIA

Materials that are not directly involved with educational facilities, or that are available in a non-traditional format, are fun to discover and present here.

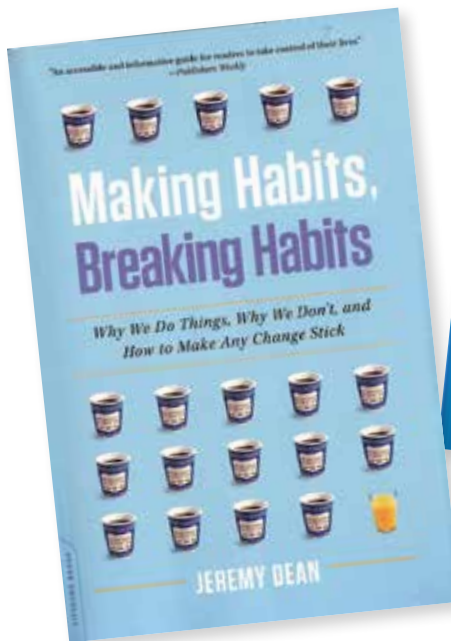
Two such examples are reviewed below. If you see something that might be of interest, but don't have time to review it yourself, please let me know and I'll try to review it for a future issue. In the meantime, enjoy the warmer weather.

MAKING HABITS, BREAKING HABITS: WHY WE DO THINGS, WHY WE DON'T, AND HOW TO MAKE ANY CHANGE STICK

by Jeremy Dean, Da Capo Press, 2013, 228 pp., \$15.99, softcover.

Every year, many people make resolutions to change a habit or institute a new one. Other times of the year, devout people may choose to give up a habit for a limited time. Based on what Jeremy Dean describes in *Making Habits, Breaking Habits*, it's easier to be devout than to really change. I picked up Dean's book shortly after the new year to see how successful I might be at my resolution for weight loss. To get to the point quickly, I should have read it on the treadmill, but that's not where I do my reading.

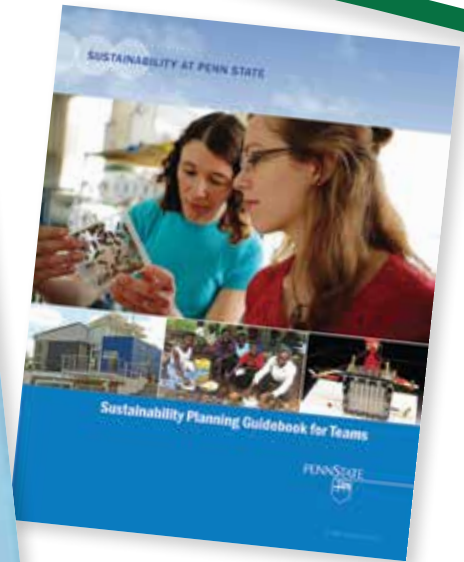
In *Making Habits, Breaking Habits*, Dean, a psychologist and blogger on psychology, has divided the book into three areas: anatomy, daily, and changing habits. The opening section begins with the physiological reasons of why living beings develop habits. Our pattern recognition skills, interest in being comfortable, and the automatic nature of patterns, are described in an interesting way that is accessible to the lay audience. The examples are somewhat disconcerting. After a winter of some significant driving accidents, it's both easy to under-



stand how these accidents happen and why officials warn people about driving in bad weather. In fact, the officials really need to explain that it's not the weather driving their recommendation, but the driver's inability to change driving habits.

The middle section presents examples of daily habits, why we have developed those habits, and how our lives are simpler as a result—sometimes too simple. At work, we develop habits designed to help us avoid typical mistakes and do things right at all times. However, those habits also work against us when special conditions occur and our habits prevent us from doing the right things. As a result, habits can sometimes cause more harm than good. Obviously, these are habits we need to break or change. The challenge is finding ways to accomplish that.

Having made his points about habits, Dean then describes how to make and/or break habits. Start with habits you enjoy either for individual reasons or with a group. Seems pretty simple. Probably the more important revelation is about claims by programs or systems to get you into a new habit in 21 days.



They are false; the reality is that it takes humans almost three times that long to break or change a habit. All the more reason to do something you enjoy. Alternatively, changes made in small steps are more lasting than big changes.

So rather than focus on my big weight loss goal, I'm going to start with small steps that help me move toward my goal. As the summer approaches you might consider reading *Making Habits, Breaking Habits*, or developing your own reading habits.

SUSTAINABILITY PLANNING GUIDEBOOK FOR TEAMS

by Erik Foley, Penn State University, sustainability.psu.edu, 2014, 46 pp. free download: http://sustainability.psu.edu/sites/default/files/Sustainability_Guidebook_final_feb19.pdf.

The great thing about working in education, even if not a direct supplier of education, is the opportunity to share freely and openly. We learn from ourselves and from each other. In early March, Pennsylvania State University released its *Sustainability Planning Guidebook for Teams*, and presented it at the Smart and Sustainable Cam-

puses Conference, in Baltimore. It was developed by the Sustainability Institute at Penn State, who shared it with facility officers in the Big Ten and Friends group. In addition to fortunate timing, the guidebook is a reference that can be used by others, even though its original purpose was for PSU use.

Since my undergraduate days in Architecture at RPI, I have learned and understood the importance of sustainability. It wasn't identified as such in the '70s; we learned about passive solar design from Professor Walter Kroner as a special topic. However, before that course, we learned to pay attention to nature, understand the microscopic features of building materials such as wood, or how buildings responded to the natural environment based on the site. We then applied those features and characteristics to our designs and learned more following the critiques


of the designs. Our education was infused with many elements that would become part of sustainability decades later.

Now, as more people become aware of and the value of sustainability, they are looking for resources. The *Sustainability Planning Guidebook for Teams* fills some of those needs. While admittedly written for Penn State with references to the PSU Sustainability Plan and Goals (Learn, Live, Lead), it provides a set of steps and tools that can be used by any campus, including facility officers, to make the campus more sustainable.

As one notices while reading the *Guidebook*, there are many tools and techniques used to develop sustainability plans that are similar to techniques taught at the APPA U Leadership Academy. The worksheets, while oriented to PSU's plans and details, could be modified to address the needs of a different institution. Facility

officers will be comfortable with the tools presented, and can leverage the different worksheets provided.

The *Guidebook* provides a clear, six-step process with different worksheets assembled by Foley and his team. There, many more complete references on sustainability published by APPA and others can be found to fill in the details. Many of those references are available only in printed form and are not as sustainable as a PDF download (assuming it isn't printed.)

I appreciate PSU's work to develop this guide and sharing it with others. I expect you'll appreciate it, too. It's great to be part of an industry that shares knowledge. 

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