Making Healthy Places

House as a Mirror of Self

Places of the Heart

Environmenal Psychology and Human Well-Being

Fire Season

Healing Spaces

Neuroarchitecture

Healing Architecture

Making Healthy Places

House as a Mirror of Self presents an unprecedented examination of our relationship to where we live, interweaving with compelling personal stories of the search for a place to call our own. Moran takes us on a review of the special places of childhood—she- forts we made and secret hiding places we had—growing up and expressing ourselves in the homes of adulthood. She explores how the self-image is reflected in our homes' power struggles in making a home together with a partner or territory, control, and privacy at home; self-image and location; disruptions in the bolting with home; and beyond the "house as ego" to the call of the soul. As our culture is swept up in home improvement to the extent of having an entire TV network devoted to it, this book is essential for understanding why the surroundings that we call home make us feel the way we do. With this information we can embark on home improvement that truly makes room for our soul.

Neuroarchitecture

Studies confirm that the physical environment influences health outcomes, emotional state, preference, satisfaction and orientation, but very little research has focused on mental and behavioral health settings. This book summarizes design principles and design research for individuals who are intending to design new mental and behavioral health facilities and those wishing to evaluate the quality of their existing facilities. The authors discuss mental and behavioral health systems, design guidelines, design research and existing standards, and provide examples of best practice. As behavioral and mental health populations vary in their needs, the primary focus is limited to environments that support acute care, outpatient and emergency care, residential care, veterans, pediatric patients, and the treatment of chemical dependency.

Heal Thy Self

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are irremediable: such inequities can be mitigated by social and policy solutions that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Therapeutic Landscapes

If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, your surroundings also have the power to heal you? This is the question Esther Sternberg explores in Healing Spaces, a look at the marvellously rich nexus of mind and body, perception and place. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace.

House As a Mirror of Self

The chief of neuroendocrine immunology at the National Institute of Mental Health offers evidence that emotional and physical health influence each other, and examines the critical role relationships, faith, and emotional well-being play in resisting disease.

Places of the Heart

Fledgling, Octavia Butler's last novel, is the story of an apparently young, amnesiac girl whose alarming influence on human needs and abilities lead her to a startling conclusion: she is in fact a genetically modified, 53-year-old vampire. Forced to discover what she can about her stolen former life, she must at the same time learn who wanted—and still wants—to destroy her and those she cares for, and how she can save herself. Fledgling is a captivating novel that tests the limits of "otherness" and questions what it means to be truly human.

Environmental Psychology and Human Well-Being

Howard Rheingold tours the "virtual community" of online networking. Howard Rheingold has been called the First Citizen of the Internet. In this book he tours the "virtual community" of online networking. He describes a community that is as real and as much a mixed bag as any physical community—one where people talk, argue, seek information, organize politically, fall in love, and drop out together. At the same time that he tells moving stories about people who have received online emotional support during devastating illnesses, he acknowledges a darker side to people's behavior in cyberspace. Indeed, contends Rheingold, people relate to each other online much the same as they do in physical communities. Originally published in 1993, The Virtual Community is more timely ever than. This edition contains a new chapter, in which the author revisits his ideas about online social communication now that so much more of the world's population is wired. It also contains an extended bibliography.

Fire Season

The therapeutic landscape concept, first introduced early in the 1990s, has been widely employed in health/medical geography and gaining momentum in various health-related disciplines. This is the first book published in several years, and provides an introduction to the concept and its applications. Written by health/medical geographers and anthropologists, it addresses contemporary applications in the natural and built environments; for special populations, such as substance abusers; and in health care sites, a new and evolving area - and provides an array of critiques or contestations of the concept and its various applications. The conclusion of the work provides a critical evaluation of the development and progress of the concept to date, suggesting the likely avenues for future investigation.

Healing Spaces

"Perhaps our real work, whether offering or seeking care, is to recognize that the healing relationship—the field upon which patient and practitioner meet—is to use the words of the mythologist Joseph Campbell, a self-mirroring mystery—the embodiment of a singular human activity that raises essential questions about self, other, and what it means to heal thy self."—Suki Santorrelli Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Suki Santorrelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship, so that both patients and caregivers begin to acknowledge that we are all wounded and we are all whole. His approach revolutionizes the dynamics of the patient/practitioner relationship. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each of us.

Healing Spaces

"Fire Season both evokes and honors the great hetman cultures of nature, from Dillard to Kerouac to Thoreau—and I loved it."—J.R. Moehringer, author of The Tender Bar [Connors's] adventures in radical solitude make for profoundly absorbing, retrospective reading. "—Walter Kirn, author of Up in the Air Phillip Connors is a major new voice in American nonfiction, and his remarkable debut, Fire Season, is destined to become a major classic: An absorbing chronicle of the days and nights of one of the last fire lookouts in the American West, Fire Season is a marvel of a book, as rugged and soulful as Matthew Crawford's bestselling Shop Class as Soulcraft, and it immediately places Connors in the august company of Edward Abbey, Annie Dillard, Aldo Leopold, Barry Lopez, and others in the respected fraternity of hard-boiled nature writers.

Design for Mental and Behavioral Health
**Therapeutic Gardens**

"For those who believe in the healing power of nature, or those who are interested in the history of therapeutic garden design and philosophies, Therapeutic Gardens is a great resource and a fascinating book." —NYBG's Plant Talk In Therapeutic Gardens, landscape architect Daniel Wirtz and occupational therapist Amy Wagenfeld present an innovative approach that translates therapeutic design principles into practice. This comprehensive book uses examples from around the world to demonstrate how healing spaces can be designed to support learning, movement, sensory nurture, and reconciliation, as well as improved health. This important book shuffles lights on how the combined strength of multiple disciplines provide the tools necessary to design meaningful and successful landscapes for those in the greatest need.

**Healing Spaces**

Illustrating his points with many references to actual projects, John Zeisel explains, in non-technical language, the integration of social science research and design. The book provides a provocative test for students in all the fields relative to environment

**Urban Experience and Design**

"In this expanded second edition of Cognitive Architecture, the authors review new findings in psychology and neuroscience to help architects and planners better understand their clients as the sophisticated mammals they are, arriving in the world with built-in responses to the environment. Discussing key biometric tools to help design the subliminal human behaviors and suggesting new ways to analyze designs before they are built, this new edition brings readers up-to-date on scientific tools relevant for assessing architecture and the human experience of the built environment. The new edition includes:

**Inquiry by Design**

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In BLUE MIND, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. BLUE MIND not only illustrates the primal importance of our connection to water—it provides a paradigm-shifting "blueprint" for a better life on this Blue Marble we call home.

**The Virtual Community, revised edition**

Can good design truly make us happier? Given that we spend over 80% of our time in buildings, shouldn't we have a better understanding of how they make us feel? This book explores the ways in which buildings, spaces and cities affect our moods. It reveals how architecture and design can make us happy and support mental health and explains how poor design can have the opposite effects. Presented through a series of easy-to-understand design tips and accompanied by beautiful diagrams and illustrations, Happy By Design is a fantastic resource for architects, designers and students, or for anybody who would like to better understand the relationship between buildings and happiness.

**The Cure Within: A History of Mind-Body Medicine**

Library of Science Book Club selection Discover magazine "What to Read" selection "A really great book." —IRA FLATOW, host of NPR's Science Friday

A gorgeously illustrated, accessible book that provides a holistic summary of the key elements for good biophilic design

**The Science of Subjective Well-Being**

This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and leading offer valuable guidance to the entire team, not just designers, while a planning and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.
Places of the Soul

A healthy building does more than conserve resources: it improves the health and productivity of the people inside. Joseph Allen and John Macomber look at everything from the air we breathe to the water we drink to how light, sound, and materials impact our performance and wellbeing and drive business profit.

Therapeutic Landscapes

The field of design and health, formerly known as the domain of healthcare design professionals, has now reached a turning point with the proliferation of a plethora of non-invasive wearable technologies, to provide the objective and near-real-time measurement of the impact of many features of the built environment on aspects of health, wellbeing and performance. In turn, new materials and the Internet of Things are allowing the development of smart buildings, which can interact with occupants to optimize their health, wellbeing, performance and overall experience. Companies that have previously focused on positioning themselves as “green” are now turning to positioning themselves in the marketplace as both green and healthy. This Special Issue will include articles that address new emerging technologies and materials at the interface between design and health, and review some of the latest findings related to studies which use these technologies. This SI will also suggest exciting future directions for the field. It will include articles which focus on the objective data gathered to document the effects of the built environment on health. Importantly, it will focus on the use of innovative methods of measurement, such as state-of-the-art wearable and environmental sensors, quantifying some aspects of health, such as stress and relaxation responses, activity, voltage, sleep quality, cognitive performance and wellbeing outcomes. It will also examine the impacts of different elements of the built environment on these health and wellbeing outcomes. The published articles will focus on the design interventions informed by these measurements, along with innovative integrated building materials that can shape the design of built environments for better health, productivity, and performance. It will also address the return on investment (ROI) of such design interventions. This Special Issue will provide both the foundational knowledge and fundamentals for characterizing human health and wellbeing in the built environment, as well as the emerging trends and design methods for innovations in this field.

Communities in Action

"In this beautiful, inspiring, and practical book we are invited to look deeply at the landscape around us and create sacred sites from our busy worlds.”— Rosemary Gladstar, herbalist and author ‘We all need a personal sanctuary. A place where we can be in harmony with the natural world and nurture our souls, minds, and souls. And this sanctuary doesn’t have to be a far-away destination—it can be in your own backyard. In Creating Sanctuary, natural living expert Hessi Bloom tags into multiple sources of traditional plant wisdom to help you find a deeper connection to the outdoor space you already have—no matter the size. You will learn how to design a healing space, how to harness the power of 50 sacred plants, and how to create recipes and rituals that soothe and calm. Hands-on, inspiring, and packed with gorgeous photography. Creating Sanctuary will help you find new ways to revitalize your life.

Creating Sanctuary

This authoritative volume reviews the breadth of current scientific knowledge on subjective well-being (SWB): its definition, causes and consequences, measurement, and practical applications that may help people become happier. Leading experts explore the connections between SWB and a range of interpersonal and interpersonual phenomena, including personality, health, relationship satisfaction, wealth, cognitive processes, emotion regulation, religion, family life, school and work experiences, and culture. Interventions and practices that enhance SWB are examined, with attention to both their benefits and limitations. The concluding chapter from Ed Diener dispels common myths in the field and presents a thoughtful agenda for future research.

Brain Landscape The Coexistence of Neuroscience and Architecture

One of the nation's chief architecture critics reveals how the environments we build profoundly shape our feelings, memories, and well-being, and argues that we must harness this knowledge to construct a world better suited to human experience. Taking us on a fascinating journey through some of the world's best and worst landscapes, buildings, and citiescapes, Sarah Williams Goldhagen draws from recent research in cognitive neuroscience and psychology to demonstrate how people's experiences of the places they build are central to their well-being, their physical health, their communal and social lives, and even their very sense of themselves. From this foundation, Goldhagen presents a powerful case that societies must use this knowledge to rethink what and how they build: the world needs better-designed, healthier environments that address the complex range of human individual and social needs. By 2050 America's population is projected to increase by nearly seventy million people. This will necessitate a vast amount of new construction—almost all in urban areas—that will dramatically transform our existing landscapes, infrastructure, and urban areas. Going forward, we must do everything we can to prevent the construction of cluttering, overwhelming environments and encouraging, understimulating ones. Buildings, landscapes, and cities must both contain and spark associations of natural light, greenery, and other ways of being in landscapes that humans have evolved to need and expect. fancy exteriors and dramatic forms are never enough, and may not even be necessary; authentic textures and surfaces, and careful, well-executed construction details are just as important. Endline, wise, lucidly written, and beautifully illustrated with more than one hundred color photographs. Welcome to Your World is a vital, eye-opening guide to the spaces we inhabit, physically and mentally, and a clarion call to design for human experience.

Healing Architecture

Alternative medicine.

The Great Indoors

Environmental Psychology and Human Well-Being: Effects of Built and Natural Environments provides a better understanding of the ways in which the design of the built environment might be improved to support better health outcomes. The book reviews the history of the field, discusses theoretical constructs in guiding research and design, and provides an up-to-date survey of research findings. Core psychological constructs, such as personal space, territoriality, privacy, resilience, stress, and more are integrated into each environment covered. Provides research-based insights into how an environment can impact mental and physical health and well-being integrates core psychological constructs, such as coping, place attachment, social support, and perceived control into each environment discussed Includes discussion of Kubler-Ross's Anxieties of Modernity and Ultimately well-being theory. Covers educational settings, workplace settings, environments for active living, housing for the elderly, natural settings, correctional facilities, and more

Healing Spaces

With indoor air pollution at its worst, and many of us spending more time in our own homes, this interior design guide will help you create calm, social, and comfortable spaces. Let leading sustainability architect, Oliver Heath, give you all the practical solutions you need to transform your space for physical and mental wellbeing. Inside the pages of this home decor book, you'll discover how to design your home by making small changes. It includes: - 100 tried and tested, research-based design ideas to support your health and wellbeing in even the smallest of spaces - Stylish, fun, and affordable home design tips based on the latest research in sustainable, biophilic design You're never going to be able to control the environment in the grocery store or your office, but your home is a completely different story. You are in charge of your living space, so why not make it as healthy as can be? Based on the latest evidence and research in wellbeing and biophilic design, this practical guide will show you how to create a restorative and nurturing environment - no matter the size of your space. The ideas and solutions included in this book have been devised with easy implementation in mind. Optimize lighting in your home by using reflective surfaces for a brighter space, follow a ventilation checklist to replenish the air in your home and remove pollutants, or unlock the powers of a lush indoor bed of a fresher room's space. Whatever your budget and whether you rent or own your property, you can use these creative ideas to make your home a sanctuary.

Happy by Design

Revised to incorporate the changes in opinions and attitudes since its first publication, the second edition of ‘Places of the Soul’ has brought Christopher Day’s classic text into the 21st century. This new edition of the seminal text reminds us that true sustainable design does not simply mean energy efficient building. Sustainable buildings must provide conditions that support better night’s sleep. Whatever your budget and whether you rent or own your property, you can use these creative ideas to make your home a sanctuary.

Fledgling

The idea of this new publication by Mark Porfirt originates from a series of lectures given to students of the course 'The Architecture of the Interior' at Delhi University of Technology. As the public interior dominated the experience of public environments in our time - real estate currently dominated by infrastructure or commercial interests - its consideration is essential for all those involved in their making and use. The public interior, as a place in the world for people to be themselves with others, has been designed, and is thus inscribed within culture and its ideas. It seems very important to attend to and discuss these ideas of the public interior - congruent with those of architecture - as they have been embodied within it, across time and function. ‘The Public Interior as Idea and Project’ is a follow-up of ‘Without and Within: essays on territory and the interior’.
How can architecture contribute to healing and recovery? And how do our surroundings—both built and unbuilt—influence our prospects of staying healthy? This title addresses the development and design of spaces for hospitals and other healthcare institutions, how they are perceived, and their overall impact on combating illnesses. This volume presents in detail the principles of this field of study and all the major issues involved, using a range of international projects as illustrative examples. In order to present a comprehensively interdisciplinary analysis of the subject matter, architects, medical practitioners, economists, artists, urban planners and communication scientists discuss the various aspects of 'Healing Architecture'. This book thus makes an important contribution to achieving an architecture that is attuned to people’s needs and helps to promote the recovery process.

Cognitive Architecture

“A splendid history of mind-body medicines book that desperately needed to be written.” —Jerome Groopman, New York Times Is stress a deadly disease on the rise in modern society? Can mind-body practices from the East help us become well? When it comes to healing, we believe we must look beyond doctors and drugs; we must look within ourselves, Faith, relationships, and attitude matter. But why do we believe such things? From psychoanalysis to the placebo effect to meditation, this vibrant cultural history describes mind-body healing as rooted in a patchwork of stories, allowing us to make new sense of our suffering and to rationalize new treatments and lifestyles.

Design A Healthy Home

In this book Gayle Souther-Brown explores the social, economic and environmental benefits of developing green space for health and well-being. She examines the evidence behind the positive effects of designed landscapes, and explains effective methods and approaches which can be put into practice by those seeking to reduce costs and add value through outdoor spaces. Using principles from sensory, therapeutic and healing gardens, Souther-Brown focuses on landscape’s ability to affect health, education and economic outcomes. Already valued within healthcare environments, these design guidelines for public and private spaces extend the benefits throughout our towns and cities. Covering design for school grounds to public parks, public housing to gardens for stressed executives, this richly illustrated text builds the case to justify inclusion of a designed outdoor area in project budgets. With case studies from the US, UK, Africa, Asia, Australasia and Europe, it is an international, inspirational and valuable tool for those interested in landscapes that provide real benefits to their users.

Welcome to Your World

An Architectural Record Notable Book A fascinating, thought-provoking journey into our built environment Modern humans are an indoor species. We spend 90 percent of our time inside, shuttering between homes and offices, schools and stores, restaurants and gyms. And yet, in many ways, the indoor world remains unexplored territory. For all the time we spend inside buildings, we rarely stop to consider: How do these spaces affect our mental and physical well-being? Our thoughts, feelings, and behaviors? Our productivity, performance, and relationships? In this wide-ranging, character-driven book, science journalist Emily Anthes takes us on an adventure into the buildings in which we spend our days, exploring the profound, and sometimes unexpected, ways that they shape our lives. Drawing on cutting-edge research, she probes the pain-killing power of a well-placed window and examines how the right office layout can expand our social networks. She investigates how room temperatures regulate our cognitive performance, how the microbes hiding in our homes influence our immune systems, and how cafe culture design affects what—and how much—we eat. Along the way, Anthes takes readers into an operating room designed to minimize medical errors, a school designed to boost students’ physical fitness, and a prison designed to support inmates’ psychological needs. And she previews the homes of the future, from the high-tech houses that could monitor our health to the 3D-printed structures that might allow us to live on the Moon. The Great Indoors provides a fresh perspective on our most familiar surroundings and a new understanding of the power of architecture and design. It’s an argument for thoughtful interventions into the built environment and a story about how to build a better world—one room at a time.

Health and Well-Being for Interior Architecture

The Balance Within

The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed—or the positive benefits of well-designed built environments. This book provides a far-reaching follow-up to the pathbreaking Urban Sprawl and Public Health, published in 2004. That book spelled out a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book’s research and reporting. Making Healthy Places offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, Making Healthy Places presents a diagnosis of—and offers treatments for—problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

The Public Interior as idea and project / druk 1

With fifteen essays by scholars and professionals, from fields such as policy and law, Health and Well-being for Interior Architecture asks readers to consider climate, geography, and culture alongside human biology, psychology, and sociology. Since designers play such a pivotal role in human interaction with interior and architectural design, this book sheds light on the importance of a designer’s attention to health and well-being while also acknowledging the ever-changing built environment. Through various viewpoints, and over 3D images, this book guides designers through ways to create and develop interior designs in order to improve occupants’ health and well-being.

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