

The Biophilia Effect The Healing Bond Between Humans And Nature

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 cutting edge 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, posture, 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.

The first International Handbook of Forest Therapy defines the scientific domain of this innovative, evidence-based and timely public health approach. More than 50 authors from around the world are brought together to offer their expertise and insights about forest therapy from a variety of research perspectives. The theoretical discussion of the effects related to the biophilia hypothesis presented here is complemented by research results compiled across the last three decades in the fields of forest medicine and biochemistry from Asia. The book also highlights the latest developments with regards to forest therapy in a number of different countries, ranging from China and Australia to Germany and Austria. The handbook constitutes a major milestone in research in this field. It sets the baseline for forest therapy to be implemented worldwide as a powerful and financially prudent public health practice.

Written by a leading proponent of biophilic design, this is the only practical guide to biophilic design principles for interior designers. Describing the key benefits, principles and processes of biophilic design, Nature Inside illustrates the implementation of biophilic design in interior design practice, across a range of international case studies – at different scales, and different typologies. Starting with the principles of biophilic design, and the principles and processes in practice, the book then showcases a variety of interior spaces – residential, retail, workplace, hospitality, education, healthcare and manufacturing. The final chapter looks ‘outside the walls’, giving a case study at the campus and city scale. With practical guidance and real-world solutions that can be directly-applied in day-to-day practice, this is a must-have for designers interested in applying biophilic principles.

Integrative Nursing uses an evidence-based approach to provide nursing protocols for the management of conditions that respond well to integrative treatment. Alternative and complementary therapies are not presented as substitutes for mainstream medical care, but they are “integrated” into the overall regimen, and always subjected to critical analysis.

Ecological Psychiatry
Design for a Living Planet
Rewilding
Integrating Nature Into Urban Design and Planning
Earth Spirit Dreaming
Biophilic Design
Doctor You

You to safely de-tox from IT overload— with the healing effects of nature
Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions; and viewing and walking in nature have been associated with heightened physical and mental energy. Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity, hyperactivity, and attention deficit disorder. A powerful wake-up call for our tech-immersed society, Your Brain on Nature examines the fascinating effects that exposure to nature can have on the brain. In Your Brain on Nature, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain—but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children’s) cognitive functioning, mental health, and physical well-being through ecotherapeutic, nutritional, and behavioural means. Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy
Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss
A fascinating look at the effects that both nature and technology have on the brain’s functioning and one’s overall well-being.
Your Brain on Nature is your very tech-adept’s guide to restoring health and balance in an increasingly IT-dependent world.

This book brings together the views of some of the most creative scientists of our time, each attempting to amplify and refine the concept of biophilia. Contributors to this volume include Jared Diamond, Aaron Katcher, Richard Nelson and others.

“With this book, Robin Guehrer and Gal Vittori show us how terrestrial our green building mission is to the future of humankind and secures a lasting legacy that will continue to challenge good, the green building movement, the healthcare industry, and the world for years to come.” —From the Foreword by Rick Fedrizzi, President, CEO and Founding Chair, U.S. Green Building Council
INDISPENSABLE REFERENCE FOR THE FUTURE OF SUSTAINABLEHEALTHCARE DESIGN
Written by a leading healthcare architect named one of FastCompany’s 100 most creative people in business and sustainability expert recognized by Time magazine as a GreenInnovator, Sustainable Healthcare Architecture, Second Edition is fully updated to incorporate the latest sustainable design approaches and information as applied to hospitals and otherhealthcare facilities. It is the essential guide for architects,interior designers, engineers, healthcare professionals, andadministrators who want to create healthy environments forward-looking. Special features of this edition include:
55 new project case studies, including comparisons ofkeyustainability indicators for general and specialty hospitals,sub-acute and ambulatory care facilities, and mixed-usebuildings
New and updated guest contractor essays spanning a range ofhealth-focused sustainable design topics
Evolving research on the value proposition for sustainablehealthcare buildings
Profiles of five leading healthcare systems and their unquestionaibility journeys, including the UK National Health Service,Kaiser Permanente, Partners HealthCare, Providence Health &Services, and Gundersen Health System
Focus on the intersection of healthcare, resilience, and abhation improvement in the face of extreme weatherevents
Comparison of healthcare facility-focused green building ratingsystems from around the world
Sustainable Healthcare Architecture, Second Edition is an indispensable resource for anyone interested in the design, construction, and operation of state-of-the-art sustainablehealthcare facilities.

This book will be accessible to an urban philosopher and a mathematician-physicist — explore the surprising new findings from the sciences that are beginning to transform environmental design in the modern era. Authors Michael Mehaffy and Nikos Salinasgare explore fractals, networks, self-organization, dynamical systems and other revolutionary ideas, describing them to non-science readers in a direct and engaging way. The book also examines fascinating new topics of design, including Agile, Wiki, Design Patterns and other “open-source” approaches from the software world. The authors conclude that a profound transformation is under way in modern design — and today’s students and practitioners will need to be aware of its implications for our future. “Lucidly describes what’s coming in the world of design — and what needs to come.” — Ward Cunningham, Inventor of wiki, and pioneer of Pattern Languages of Programming, Agile, and Scrum
“Essential reading for all urban designers.” — Jeff Speck, Author of Walkable City “Brilliant.” — Charles Montgomery, Author of Happy City “Inspired, compelling and fascinating. . . Recognizes that a true architecture can be dug from the facts, insights, and theories, that occur with a broadening of science to include the human being.” — Christopher Alexander, Author of A Pattern Language and Notes on the Synthesis of Form
Some comments on the individual chapters:
“Packed with detail and beautiful in presentation.” — Gil Friend “Human society must find a path of retreat. Salinasgare and Mehaffy point the way.” — David Brusas, Providence Journal
“Michael Mehaffy and Nikos Salinasgare have written some brilliant articles on how we can co-create cities which are truly resilient, rather than being ‘engineered resilient.’” — Smallworld Urbanism “For me, this essay was like a flash of insight, and I suddenly saw the world in a new light.” — Oeyvind Holmstad, Permaliu
“We’ve just come across a very thoughtful article by Michael Mehaffy and Nikos Salinasgare. . . [who] draw a number of lessons from biological systems and use them to draw conclusions about how resilient human systems must be designed.” — Resident Design Institute
“Salinasgare and Mehaffy take us from the configuration of city spaces to the order of cells in living beings.” — Jaap Dawson, Delft Institute of Technology “If you wanted to know where the cutting edge was in urban design, it is here.” — Patrick J. Kennedy, CarFreeInnBzD
“This is the single most intelligent and illuminating article I’ve seen on Archdaily in 3 years.” — Niming Jinglin Zhai, China
Michael Mehaffy is an urbanist and design theorist, and a periodic visiting professor or adjunct in five graduate universities in four countries and three disciplines (architecture, urban planning and philosophy) at the University of Oregon (US) and the University of Strathclyde (UK). He has been a close associate of the architect and software pioneer Christopher Alexander, and a Research Associate with the Center for Environmental Structure, Alexander’s research center founded in 1967. He is currently executive director of Portland, Oregon based Sustainis Foundation, and editor of Sustainis Press. Nikos A. Salinasgare is a mathematician and polymath known for his work on urban theory, architectural theory, complexity theory, and design philosophy. He has been a close collaborator of the architect and computer software pioneer Christopher Alexander. Salinasgare published substantive research on Algebras, Mathematical Physics, Electromagnetic Fields, and Thermonuclear Fusion before turning his attention to Architecture and Urbanism. He is Professor of Mathematics at the University of Texas at San Antonio and has been on the Architecture faculties of universities in Italy, Mexico, and The Netherlands.

A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature
Healing Environments

The Biophilia Hypothesis
Integrative Medicine for Children
The Essential Guide to a Nature-Rich Life
The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative
Vitamin N

“This elegant treatise examines the nature of kindness through the fascinating lenses and contexts of ancient, medieval and contemporary philosophy, natural history, theories of mind, of natural selection, eco-psychology and sociology. It challenges the reader to consider the myriad potential consequences of human behavior, examining various iconographic moments from the history of art and science as a precursor to the concept and vital potentials for ecological conversion, focusing on the fundamental mechanisms of reciprocity among humans, other species, communities and nations, Tobias and Morrison lead readers on a remarkable journey whose itinerary, and the provocative questions explored, seek to affirm a pattern in evolution and in human thought that is emphatically oriented towards benevolence, not tyranny. Prosociality in all species - making others happy, kind gestures at any and every juncture of life - has, as a discipline of enquiry, enjoyed a social scientific renaissance during the last decade. Can natural selection move rapidly enough to meet that ultimate challenge? Can our species re-evolve in real time, moving from the ideas, to the ideals, to their applied engineering in a real world that is ecologically hemorrhaging? Which all the critical moral and cognitive changes in social communion such new human nature, as the Authors suggest, clearly requires? This groundbreaking work of ecological philosophy, with its roots in ancient Greek thought, represents a radical break with nearly every traditional scientific paradigm, in exploring the intuitive geography and dramatic questions of ourselves - each and every one of us - that will prove crucial to the survival of our species, and all those we co-habit this miraculous planet with!”

What is healing? What really determines it? How can we make it happen? It is increasingly clear that there is not just one single kind of medicine and that paths to healing flow through the integration of multiple pieces of knowledge and the combination of many perspectives. In light of the latest research into neurophysiology, pschye science and quantum physics, this book outlines the seven principles of the powerful interaction between psyche and body in healing processes, providing scientific answers to questions about the mechanisms which trigger it and identifying therapies that allow us to turn these internal switches on. This is demonstrated through reflections, examples, and real cases shared by the author, a psychiatrist and doctor who has completed several rigorous trainings but maintains an open mind and has been committed for more than 15 years to seek healing of serious illnesses in the psychosomatic unit by using therapeutic synergies that strengthen official practices with innovative treatments, with her passionate work to painlessly repair suffering, with the patient, or rather the person, always and constantly at the centre.

A guide to co-creating a healing vision for humanity and the Earth through nature-connected shamanic rituals • Explains the Earth Spirit Dreaming process for rebirthing inherent shamanic abilities with dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices • Provides experiential exercises to foster interactions with the intelligences and elemental energies of nature and the Spirit realm, realign you with the rhythms and flow of life, and co-create a healing dream for humanity and all of life on our planet • Contains step-by-step directions for connecting with the light guides of the planet for guidance and healing Humanity has become profoundly disconnected from the web of life on Earth as well as from nature as a whole. In this practical guide, Elizabeth E. Meacham details her field-tested method of shamanic ecotherapy practices to resolve this centuries-long trend toward disconnection. Through these practices, you will learn how to reconnect to Earth’s systems and help restore health and balance to people and the planet. Translating transformative ideas from visionary environmental thinkers into engaging shamanic rituals for profound spiritual growth, Meacham offers dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices. Building on one another, the exercises open channels to allow you to directly experience the intelligences of the Earth and Spirit realms, rebirth your inherent shamanic abilities, realign you with the rhythms and flow of life, and reclaim your ancestral power for co-creating a healing dream for our species and all of life on our planetary home. Guiding the reader through a progressively deepening journey toward connection with ourselves, each other, and the consciousness of our biosphere, the practices also invite profound mindfulness, as we work to hold a vision of connection with the Earth and Spirit realms, while choosing consciously to focus on joy, beauty, gratitude, love, and healing. Illuminating a shamanic awakening within Western culture at the dawn of an ecological age, Earth Spirit Dreaming reveals how the birth of a global consciousness of healing depends upon our commitment to individual and collective spiritual evolution. Calling us back to our shamanic heritage of a living nature spirituality, this manual offers much needed guidance on the essential journey back to an intimate love of Earth.

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic The Way of the Shaman. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners’ experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they’ve encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, Cave and Cosmos is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and The Way of the Shaman “What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness.” —from Higher Wisdom, by Roger Walsh and Charles S. Grob “Wonderful, fascinating.... Harner really knows what he’s talking about.” —Carlos Castaneda, best-selling author of The Teachings of Don Juan and The Active Side of Infinity “An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman.” —Stanislav Grof, author of The Adventure of Self-Discovery “Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world’s leading authority on shamanism.” —Nevill Drury, author of The Elements of Shamanism “Michael Harner is a great Shaman. He also proves that a person can be both a scientist and a shaman.” —Bo Bair Rinchinov, Siberian Buryat shaman

Bird Therapy

An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces

Healing Spaces

Your Brain On Nature

Rewilding Our Hearts

The Art and Science of Forest Bathing

A Treatise on Kindness

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

Reconnect with your wild essence and your connection with the natural world • Rewilding is a return to our essential nature. It is an attempt to reclaim something of what we were before we used words like “civilized” to define ourselves. “ —Micah Mortali
In his long-awaited book Rewilding, Kripalu director Micah Mortali brings together yoga, mindfulness, wilderness training, and ancestral skills to create a unique guide for reigniting your primal energy, your undomesticated true self—and deepening your connection with the living earth. For hundreds of thousands of years, humans lived intimately with the earth. We were in the wild and of the wild. Today, we live mostly urban lives—and our vital wildness has gone dormant. As a result, we ’re more isolated, unhealthily, anxious, and depressed than ever, and our planet has suffered alongside us. With Rewilding, Mortali invites us to shed the effects of over-civilization and explore an inner wisdom that is primal, ancient, and profound. Whether you live in the middle of a city or alongside the woods, the insights and practices on how to bring you home to your wild, wise, and alive self. Highlights include: Practice-rich content—mindfulness exercises, guided meditations, yoga and pranayama, inward sensing, forest bathing, and much more
The “life-force deficit” —explore how our separation from nature affects us physiologically and spiritually
Ancestral skills—such as tracking, foraging, building fires, and finding shelter
Develop a sense of calm, clarity, connection, and confidence in both your daily life and the great outdoors
What you can learn from nature’s teachers—lessons from mountains, rivers, trees, and our animal kin
Rewild in the wild—guidelines around safety, preparedness, appropriate gear, and packing lists
A mindful rewilding flow—put everything together in an immersive, step-by-step rewilding experience
Awaken your authentic spiritual connection with the natural world as you come home to your true self
Understand the relationship between our health and the health of our planet—and how you can begin to help both
Part celebration of the natural world, part spiritual memoir, and part how-to guide, Rewilding is a must-read for anyone who wants to embrace their wild nature and essential place in the living earth.

Human beings are inseparable from the natural world, co-existing with all of life. In order to thrive, we need to nourish this bond. In The Healing Code of Nature, biologist Clemens G. Arvay illuminates the missing link. Arvay says that the human body interprets the living “code” of plants, animals, and our larger natural habitat for healing and sustenance. Here is a book as inspiring as it is fascinating, offering a new vision for the future of medicine and the way we relate to our environment. Learn more about:
• The new science of eco-psychosomatics: the study of the close connection between mind, body, and nature
• The biophilia effect and the healing relationship between humans and trees
• Epigenetics and the mounting evidence of how environmental experiences of a living being can directly affect genetic material
• The role of evolutionary medicine in understanding and treating cancer
• Regenerating in nature and taking a time-out from the stressors of modern living
• Unleashing the healing potential of encounters with animals
• Moving beyond the materialist view to reclaim nature as an unsolvable mystery

“Highly informative and remarkably entertaining.” —Ella From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature’s “positive effects on the brain. Diving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

Forest Bathing
International Handbook of Forest Therapy

Our Wild Calling

A biophilic design guide

The Anatomy of Healing

Everything in Its Place

Biophilic Cities

*In this beautifully illustrated guide, best-selling author Sally Coulthard demonstrates how to transform your living and working spaces into places that put you in touch with nature. Eight inspiring chapters cover key elements for the ‘biophilic home’, including materials, views, colour and natural light. Each section explores the links between home, health and happiness, drawing on environmental research and neuroscience while making practical suggestions for bringing the natural world into your home. Bring nature indoors with flowers and plants, rediscover the innate pleasure of real fires and fresh air, and learn how to improve your mood and sleep patterns with dynamic light. Create a space filled with natural elements, patterns, nature’s colours, fabrics and textures that lift your mood; find out why natural sounds and water are soothing; and learn how to make small changes that will inspire, invigorate and enrich your relationship with the natural world. As best-selling author and designer, Sally Coulthard, reveals in this guide, creating a ‘biophilic home’ can have a huge impact on your wellbeing; improving your mood and encouraging healthier sleep patterns... Be it plants, materials, colour or light, it’s enlightening to see how small changes can make a big difference, while deepening your respect and correlation to the natural world.”
FORBES Magazine ‘How to embrace the natural world by transforming your interior spaces with specific materials, colours, views and sounds.’
Gardens Illustrated ‘Humans are mammals, programmed over millennia to respond to the natural world. We may be able to live and work in man-made environments most of the time. But according to a new movement of ‘biophilic’ designers and enthusiasts, we are not thriving...writer Sally Coulthard likens it to the practice of keeping animals in captivity, in surroundings ill-suited to their needs. “We live in a world that is fundamentally mismatched to our evolutionary adaptation - we don’t see, hear and feel the things that we are programmed to respond to,” she writes.’
Financial Times*

*Longlisted for the 2020 Wainwright Prize ‘I can’t remember the last book I read that I could say with absolute assurance would save lives. But this one will!’
Chris Packham ‘Fabulously direct and truthful, filled with energy but devoid of self-pity. . . . I was impressed and enchanted. Highly recommended’
Stephen Fry ‘Succeeds – triumphantly – in articulating with great honesty what it is like to suffer with a mental illness, and in providing strategies for coping’
Mail on Sunday When Joe Harkness suffered a breakdown in 2013, he tried all the things his doctor recommended: medication helped, counselling was enlightening, and mindfulness grounded him. But nothing came close to nature, particularly birds. How had he never noticed such beauty before? Soon, every avian encounter took him one step closer to accepting who he is. The positive change in Joe’s wellbeing was so profound that he started a blog to record his experience. Three years later he has become a spokesperson for the benefits of birdwatching, spreading the word everywhere from Radio 4 to Downing Street. In this groundbreaking book filled with practical advice, Joe explains the impact that birdwatching had on his life, and invites the reader to discover these extraordinary effects for themselves.*

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 funding 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.

Shinrin = Forest Yoku = Bathing Shinrin-Yoku or forest bathing is the practice of spending time in the forest for better health, happiness and a sense of calm. A pillar of Japanese culture for decades, Shinrin-Yoku is a way to reconnect with nature, from walking mindfully in the woods, to a break in your local park, to walking barefoot on your lawn. Forest Medicine expert, Dr Qing Li’s research has proven that spending time around trees (even filling your home with house plants and vapourising essential tree oils) can reduce blood pressure, lower stress, boost energy, boost immune system and even help you to lose weight. Along with his years of ground-breaking research, anecdotes on the life-changing power of trees, Dr Li provides here the practical ways for you to try Shinrin-Yoku for yourself.

Integrative Pediatrics
A True Story of Hope and the Healing Power of Animals

The Science of Nature’s Influence on Your Health, Happiness and Vitality

The Seven Principles of the New Integrated Medicine

First Loves and Last Tales

Meditations, Practices, and Skills for Awakening in Nature

Designing Physical Environments to Optimize Health, Wellbeing and Performance

Award-winning Oxford University researcher Dr. Jeremy Howick draws on the latest peer-reviewed medical studies to arm readers with scientific evidence that will empower them to make sensible choices about what drugs to take, what drugs to give their children, and when (and when not) to simply let the body do its thing. “READ THIS BREAKTHROUGH BOOK!” —DEEPAK CHOPRA
The miracles of acupuncture, meditation, and other natural remedies have long been a part of our lives. But in the last decade, scientists have begun to formulate theories of why people feel better after a walk in the woods and an experience with the power and managing side effects. One in ten people takes antidepressants, and millions of boys who can’t sit still in school are prescribed methamphetamines. Skyrocketing global healthcare costs render this overmedication increasingly unaffordable. In Doctor You, Howick explains that the abundance of modern drugs and technologies has blinded us to the fact that the human body produces its own medicines, and that many of our most powerful medicines are already in us. He shows us how to use these medicines, and how to use them in conjunction with nature. A biophilic city cherishes the natural features that already exist but also works to restore and repair what has been lost or degraded. In Biophilic Cities Beatty not only outlines the essential elements of a biophilic city but provides examples and stories about cities that have successfully integrated biophilic elements—from the building to the regional level—and connected systems of urban greenspace, to green rooftops and green walls and sidewalk gardens. Beatty reviews the emerging practice of biophilic urban design and planning, and tells many compelling stories of individuals and groups working hard to transform cities from grey and lifeless to green and biodiverse.

“When nature inspires our architecture—not just how it looks but how buildings and communities actually function—we will have made great strides as a society. Biophilic Design provides us with tremendous insight into the ‘why,’ then builds us a road map forward that is sure to be the next great design journey of our times.” -Rick Fedrizzi, President, CEO and Founding Chairman, U.S. GreenBuilding Council
power of biominimty tostimulate a wellspring of profitable innovation. It can say unequivocally that biophilic design is the real deal. Kellert,Heervagen, and Mador have compiled the wisdom of world-renownedexperts to produce this exquisite book: It is must reading forscientists, philosophers, engineers, architects and designers-and,most especially,businesspeople. Anyone looking for the key to an should start here.”-Ray C. Anderson, founder and Chief, Interface, Inc.
The groundbreaking guide to the emerging practice of biophilicdesign this book offers a paradigm shift in how we design and build ourbuildings and our communities, one that recognizes that thepositive experience of natural systems and processes in ourbuildings and constructed landscapes is critical to human health,performance, and well-being. It is the natural world’s place in human society,where mutuality, respect, and enriching relationships can andshould exist at all levels and should emerge as the norm rather than the exception. Written for architects, landscape architects, planners,developers,environmental designers, as well as building owners, BiophilicDesign: The Theory, Science, and Practice of Bringing the Heart and Mind to Nature presents timely and timely essays by world-renownedscientists, designers, and practitioners, including Edward O’Wilson, Howard Franklin, David Orr, Grant Hildebrand, StephenKieran, Tim Beatty, Jonathan Rose, Janine Benyus, Roger Ulrich,Bert Gregory, Robert Berkeley, William Browning and VivianLoftness, among others, address:
• The basic concepts of biophilic design, and how biophilic design connects to human biology,evolution, and development.
• The science and benefits of biophilic design on human health,childhood development, healthcare, and more.
• The practice of biophilic design-how to implement biophilic designstrategies to create buildings that connect people with nature andprovide comfortable and productive places for people.
• How to design at any scale—from buildings to cities-begins with few simple questions: How does the built environment affect the natural environment? How will nature affect human experience andadaptation? Most of all, how can we achieve sustained andreciprocal benefits between the two? This prescient, groundbreaking book provides the answers.

Settlement, Science, & the Human Future
Systemic Thinking and Imagination In Ecopsychology and Mental Health

Cave and Cosmos

Birds of a Feather

The Practice of Biophilic Design

Shamanic Ecotherapy Practices

Know When Drugs Are Necessary, When Alternatives Are Better and When to Let Your Body Heal on Its Own

A natural design for living well. American psychologist Edward O. Wilson popularised the term Biophilia - meaning a “love of nature” and a need to connect to the natural world - in the 1980s, after observing how increasing rates of urbanization were leading to people feeling a disconnect from the natural world. We all need biophilia in our lives, and here author Sally Coulthard demonstrates how best to incorporate the fundamentals into everyday life. Examining the branches of a “biophilic home”, the ten inspiring chapters incorporate science, psychology and practical decor advice for making positive and accessible changes in the home or at work. Chapters include Air & Temperature - why heat and airflow matter in a healthy home; Forms & Patterns - how to take inspiration from nature to decorate your home; Light & Rhythms - creating spaces to enhance the natural rhythm of passing seasons, plentiful daylight and dark nights; Materials & Decor - importance of using minimally processed material to reflect local ecology; Color - how to use tones and shades that compliment or contrast.

From the best-selling author of Gratitude and On the Move, a final volume of essays that showcase Sacks’s broad range of interests—from his passion for ferns, swimming, and horsetails, to his final case histories exploring schizophrenia, dementia, and Alzheimer’s. Oliver Sacks, scientist and storyteller, is beloved by readers for his neurological case histories and his fascination and familiarity with human behavior at its most unexpected and unfamiliar. Everything in Its Place is a celebration of Sacks’s myriad interests, told with his characteristic compassion and erudition, and in his luminous prose. “Fifty-five common pediatric conditions are comprehensively discussed, with diagnostic and evidence-based treatment information, followed by authoritative information on the major CAM therapies available for treatment of the condition. Whenever possible, an integrative approach that combines conventional and alternative approaches is presented.”--BOOK JACKET.

Nature in Mind explores a kind of madness at the core of the developed world that has separated the growth of human cultural systems from the destruction of the environment on which these systems depend. It is now becoming increasingly clear that the contemporary Western lifestyle not only has a negative impact on the ecosystems of the earth but also has a detrimental effect on human health and psychological wellbeing. The book compares the work of Gregory Bateson and Henry Corbin and shows how an understanding of the “imaginal world” within the practice of systemic psychotherapy and ecopsychology could provide a language shared by both nature and mind. This book argues the case for bringing nature-based work into mainstream education and therapy practice. It is an invitation to radically reimagine the relationship between humans and nature and provides a practical and epistemological guide to reconnecting human thinking with the ecosystems of the earth.

The Theory, Science and Practice of Bringing Buildings to Life

You + Nature + Home

Mind Over Meds

Shinrin-Yoku

Forest Medicine

Therapeutic Landscapes

*A fascinating look at why human beings have a powerful mental, spiritual, and physical need for the natural world—and the profound impact this has on our consciousness and ability to heal the soul and bring solace to the heart, and the cutting-edge scientific evidence proving nature as nurturer. “The connection between mental health and the natural world turns out to be strong and deep—which is good news in that it offers those feeling soul-sick the possibility that falling in love with the world around them might be remarkably helpful.” —Bill McKibben
Lucy Jones interweaves her deeply personal story of recovery from addiction and depression with that of discovering the natural world and how it aided and enlivened her progress, giving her a renewed sense of belonging and purpose. Jones writes of the intersection of science, wellness, and the environment, and reveals that in the last decade, scientists have begun to formulate theories of why people feel better after a walk in the woods and an experience with the natural world. She describes the recent data that supports evidence of biological and neurological responses: the lowering of cortisol (released in response to stress), the boost in cortical attention control that helps us to concentrate and subdues mental fatigue, and the increase in activity in the parasympathetic nervous system, slowing the heart and allowing the body to rest and recharge. “An elegantly told and meticulously researched, An elegantly told and meticulously researched, An elegantly told and meticulously researched.” —Isabella Tree, author of Wilding*

There is ample evidence that children and adolescents in large numbers are actively using integrative (complementary and alternative) therapies. Various studies now indicate that over 50% of pediatricians surveyed would refer a patient for integrative therapy, and they would welcome more natural therapies for children provided they were safe and effective. However, there has been little training for pediatricians in this area. Integrative Pediatrics addresses these issues and provides guidelines for pediatricians, parents, and general audiences in a balanced, evidence-based manner. In this volume in the Weil Integrative Medicine Library series, the authors describe a national and evidence-based approach to the integrative therapy of childhood disorders and well-child care, integrating the principles of alternative and complementary therapies into the principles and practice of conventional pediatrics. The authors examine what works and what doesn’t and offer practical guidelines for physicians to incorporate integrative medicine into their practice and how to advise patients and their parents on reasonable and effective therapies. The text also covers areas of controversy and identifies areas of uncertainty where future research is needed. Chapters also cite the best available evidence for both safety and efficacy of all therapies discussed. The series editor is Andrew Weil, MD, Professor and Director of the Program of Integrative Medicine at the University of Arizona. Dr. Weil’s program was the first academic program in the US and he is the major name in integrative medicine in the US, and well-known around the world. His program’s stated goal is “to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically.”

From the author of the New York Times bestseller that defined nature-deficit disorder and launched the international children-and-nature movement, Vitamin N (for “nature”) is a complete prescription for connecting with the power and joy of the natural world right now, with 500 activities for children and adults
Dozens of inspiring and thought-provoking essays
Scores of informational websites
Down-to-earth advice
In his landmark work Last Child in the Woods, Richard Louw was the first to bring widespread attention to the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection—from boosting mental health to reducing obesity and depression, from promoting health and wellness to supporting the environment. A convincing plea for a wilder, richer world.” —Isabella Tree, author of Wilding
This follow-up book, The Nature Principle, addresses the needs of nature movement and its potential to improve the lives of all people no matter where they live!” (McClatchy Newspapers)Vitamin N is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age.

Too many Americans are taking too many drugs — and it’s costing us our health, happiness, and lives. Prescription drug use in America has increased tenfold in the past 50 years, and over-the-counter drug use has risen up as dramatically. In addition to the dozens of medications we take to treat serious illness, we take drugs to help us sleep, to keep us awake, to keep our noses from running, our backs from aching, and our minds from racing. Name a symptom, there’s a pill to suppress it. Modern drugs can be miraculously life-saving, and many illnesses demand their use. But what happens when our reliance on powerful pharmaceuticals blinds us to their risks? Painful side effects and dependency are common, and adverse drug reactions are America’s fourth leading cause of death. In Mind Over Meds, bestselling author Dr. Andrew Weil alerts readers to the problem of overmedication, and outlines when medicine is necessary, and when it is not. Dr. Weil examines how we come to be so drastically overmedicated, presents science that proves drugs aren’t always the best option, and provides reliable integrative medicine approaches to treating common ailments like high blood pressure, allergies, depression, and even the common cold. With case histories, healthy alternative treatments, and input from other leading physicians, Mind over Meds is the go-to resource for anyone who is sick and tired of being sick and tired.

The Healing Code of Nature

Nature in Mind

Shamanic Encounters with Another Reality

Discovering the New Science of Eco-Psychosomatics

A natural design for living well

Our Fundamental Need for the Natural World and Its Ability to Heal Body and Soul

Biophilia

Did you know that spending time in a forest activates the vagus nerve, which is responsible for inducing calm and regeneration? Or that spending just one single day in a wooded area increases the number of natural killer cells in the blood by almost 40 percent on average? We’ve all had an intuitive sense of the healing power of nature. Clemens G. Arvay’s new book brings us the science to verify this power, sharing fascinating research along with teachings and tools for accessing the therapeutic properties of the forest and natural world. Already a bestseller in Germany, The Biophilia Effect is a book that transforms our understanding of our interconnection with nature—and shows us how to engage the natural world wherever we live for greater health, inspiration, rejuvenation, and spiritual sustenance.

The definitive guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees—what the Japanese call shinrin-yoku, or forest bathing—can promote health and happiness. In this beautiful book—featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan—Dr. Qing Li, the world’s foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you’ve discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

In wildlife conservation, rewilding refers to restoring habitats and creating corridors between preserved lands to allow declining populations to rebound. Marc Bekoff, one of the world’s leading animal experts and activists, here applies rewilding to human attitudes. Rewilding Our Hearts invites readers to do the essential work of becoming reenchanted with the world, acting from the inside out, and dissolving false boundaries to truly connect with both nature and themselves.

If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in Healing Spaces, a look at the marvelously 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.

Sustainable Healthcare Architecture

How Trees Can Help You Find Health and Happiness

Building Pathways of Compassion and Coexistence

Design for the Body, Mind and Spirit

Losing Eden

Nature Inside

Nature by Design

Imagine a new medical science that could let you know how to be more active, more relaxed and healthier with reduced stress and reduced risk of lifestyle-related disease and cancer by visiting forests. This new medical science is called forest medicine. Forest medicine encompasses the effects of forest environments on human health and is a new interdisciplinary science, belonging to the categories of alternative medicine, environmental medicine and preventive medicine. This book presents up-to-date findings in forest medicine to show the beneficial effects of forest environments on human health. (Imprint: Novinka)

The Biophilia Effect A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature Sounds True

"A book that offers hope." —The New York Times Book Review "A wondrous tapestry." —Carl Safina, author of Beyond Words: What Animals Think and Feel Audubon Medal winner Richard Louv's landmark book Last Child in the Woods inspired an international movement to connect children and nature. Now he redefines the future of human-animal coexistence. In Our Wild Calling, Louv interviews researchers, theologians, wildlife experts, indigenous healers, psychologists, and others to show how people are connecting with animals in ancient and new ways, and how this serves as an antidote to the growing epidemic of human loneliness; how dogs can teach children ethical behavior; how animal-assisted therapy may yet transform the mental health field; and what role the human-animal relationship plays in our spiritual health. He reports on wildlife relocation and on how the growing populations of wild species in urban areas are blurring the lines between domestic and wild animals. Our Wild Calling makes the case for protecting, promoting, and creating a sustainable and shared habitat for all creatures—not out of fear, but out of love. Includes a new interview with the author, discussion questions, and a resource guide.

How Connecting with Animals Can Transform Our Lives—and Save Theirs

Integrative Nursing

The Biophilia Effect

Introducing the Hard Science of Self-Healing