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--Nature, greenspace, sun and sound --Social networks and community --Healthy, diverse neighbourhoods --Social capital and empowerment --Spatial planning recommendations -- 8. Planning for place equity --Social justice and health inequalities --Planning for -- all --Work, income and spatial policy --Housing and living conditions --Movement and accessibility -- 9. Climate change and settlement planning --The science of climate change --Greenhouse gases, energy and planning --Sustainable energy strategy --Human ecology -- 10. The local ecology of cities --Ecological resilience --Green infrastructure --Air quality and planning --Sustainable urban water systems --Biodiversity --Local food production -- IV Navigation: a route map for healthy planning --Criteria for judging healthy urban policy -- 11. Reality check: the economics of land and development --The life-cycle of a plot --Players in the development game --Land and housing markets --How land values shape the city --Urban renewal and managing the market -- 12. Sustainable urban form --Understanding urban form --Centrifugal and centripetal forces --Decentralization versus the compact city --Polycentricity and linearity --Five key urban form decision areas -- 13. Healthy neighbourhood design --Introduction: the significance of locality --The shape of neighbourhoods --Spatial analysis and density --The quality of place --Conclusion: urban design -- 14. Urban dynamics --Introduction: strategic planning issues --Understanding the economic base of a city --Population and housing --Matching economic activity and population --Transport infrastructure and economic development -- -- V. Perspiration: land, power and the planning process -- 14. The governance of land --Is planning really necessary? --Private and community property rights --Comparative planning systems --Local government powers --Conclusion -- 16. The planning process and the role of planners --Dimensions of planning: technical, political and executive --From design to the rational planning process --Heroic versus humdrum planning --The medium is the message: collaborative planning --Testing theory against practice --Ethical planning -- 17. Putting principle into practice --Making decisions in a pluralist society: engaging communities --A cyclic planning process --Case study: Stroud town centre Neighbourhood Plan --Converting healthy rhetoric into healthy decisions --Conclusion -- -- Epilogue --Seven conclusions if we are serious about planning cities for well-being --Final thought -- Index.

## Sommario/riassunto

"City of Well-being provides a radical and holistic introduction to the science and art of town planning. It starts from the premise that the purpose of planning is the health, well-being and sustainable quality of life of people. Drawing on current and historic examples it offers inspiration, information and an integrated perspective which challenges all professions and decision-makers that affect the urban environment. It is both authoritative and readable, designed for students, practitioners, politicians and civil society. The science. Summarizing the most recent research, the book demonstrates the interrelationships between the huge issues of obesity, unhealthy lifestyles, inequality, mental illness, climate change and environmental quality. The radical implications for transport, housing, economic, social and energy policies are spelt out. The art and politics. The book examines how economic development really happens, and how spatial decisions reinforce or undermine good intentions. It searches for the creative strategies, urban forms and neighbourhood designs that can marry the ideal with the real. The relationship of planning and politics is tackled head-on, leading to conclusions about the role of planners, communities and development agencies in a pluralistic society. Healthy

planning principles could provide a powerful logical motivation for all practitioners. "--Provided by publisher.

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