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Nota di contenuto	Part I. The Power and Promise of Biophilic Cities -- 1. The Power of Urban Nature: The Essential Benefits of a Biophilic Urbanism -- 2. Placing Biophilic Cities: Planning History, Theory and the New Sustainability -- 3. Urban Trends and Nature Trends: Can the Two Intersect? -- 4. Biophilic Cities: Examining the Metrics and Theory -- Part II. The Practice of Biophilic Urbanism: Cities Leading the Way -- 5. Singapore: City in a Garden -- 6. Wellington, NZ: Nature on the Edge -- 7. Milwaukee: Greening the Rust Belt -- 8. Birmingham: Health, Nature and Urban Regeneration -- 9. Phoenix: The Promise of Biophilia in the Desert -- 10. Portland: Nature in the Compact City -- 11. San Francisco: From Park City to Wild City -- 12. Oslo: The City of Forest and Fjord -- 13. Vitoria-Gasteiz -- 14. Global Survey of Cities: Shorter City Cases and Exemplars -- Part III. Exemplary Tools, Policy Practices -- 15. Detailed Profiles of Biophilic Design Tools Techniques, Design Ideas -- Part IV. Successes and Future Directions -- 16. Biophilic Cities

in the Age of Climate Change: Mitigation, Resilience Through Nature -- 17. What Can Be Learned From the Best Biophilic Cities? -- 18. Key Obstacles to Biophilic Cities (And Ways To Overcome Them) -- 19. Conclusions and Future Directions.

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## Sommario/riassunto

What if, even in the heart of a densely developed city, people could have meaningful encounters with nature? While parks, street trees, and green roofs are increasingly appreciated for their technical services like stormwater reduction, from a biophilic viewpoint, they also facilitate experiences that contribute to better physical and mental health: natural elements in play areas can lessen children's symptoms of ADHD, and adults who exercise in natural spaces can experience greater reductions in anxiety and blood pressure. The Handbook of Biophilic City Planning & Design offers practical advice and inspiration for ensuring that nature in the city is more than infrastructure—that it also promotes well-being and creates an emotional connection to the earth among urban residents. Divided into six parts, the Handbook begins by introducing key ideas, literature, and theory about biophilic urbanism. Chapters highlight urban biophilic innovations in more than a dozen global cities. The final part concludes with lessons on how to advance an agenda for urban biophilia and an extensive list of resources. As the most comprehensive reference on the emerging field of biophilic urbanism, the Handbook is essential reading for students and practitioners looking to place nature at the core of their planning and design ideas and encourage what preeminent biologist E.O. Wilson described as "the innate emotional connection of humans to all living things."

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