

1. Record Nr.	UNINA9910627298603321
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Titolo	Natural environments and human health // Alan W. Ewert, Denise S. Mitten, Jillisa R. Overholt
Pubbl/distr/stampa	Oxfordshire, England ; ; Boston, Massachusetts : , : CAB International, , 2014 ©2014
ISBN	1-84593-920-4
Descrizione fisica	1 online resource (248 p.)
Disciplina	362.1969 362.19698 613.1
Soggetti	Euthenics Environmental health Political planning Nature and nurture Adaptation (Biology) Ecology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Preface; Acknowledgements; 1 Overview; 2 Human Perceptions of Nature; 3 The Historical Connection between Natural Environments and Health; 4 Concepts and Theories; 5 Human Development and Nature; 6 Adaptations and Applications; 7 Outcomes and Benefits; 8 Sense of Place and the Role of Education; 9 Innovative Approaches to Integrating Natural Environments and Health; 10 Future Actions and Implications: Policy and Research-Take a Park, Not a Pill; 11 Resources; Bibliography; Index; A; B; C; D; E; F; G; H; I; L; M; N; O; P; R; S; T
Sommario/riassunto	The role natural environments play in human health and wellbeing is attracting increasing attention. There is growing medical evidence that access to the natural environment can prevent disease, aid recovery, tackle obesity and improve mental health. This book examines the history of natural environments being used for stress-reduction,

enjoyment, aesthetics and catharsis, and traces the development of the connection between humans and the environment, and how they impact our personal and collective health.
