

1. Record Nr.	UNINA9910742487903321
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Titolo	Forest as a Health Resource / / by Joachim Rathmann
Pubbl/distr/stampa	Wiesbaden : , : Springer Fachmedien Wiesbaden : , : Imprint : Springer, , 2023
ISBN	3-658-42528-8
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (46 pages)
Collana	Springer essentials, , 2731-3115
Disciplina	500
Soggetti	Earth sciences Geography Forests and forestry Earth and Environmental Sciences Forestry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction: forests as a recreational space -- The health benefits of visiting forests -- Shinrin Yoku: forest bathing -- Forests in climate change -- Outlook.
Sommario/riassunto	Joachim Rathmann presents the interdisciplinary links between forests and human health. Forests provide numerous ecosystem services for the survival, well-being, and maintenance and enhancement of human health. Forests provide multisensory recreational spaces and can therefore be considered a resource that positively impacts both physical, mental, and social aspects of health. The author presents natural science, social science, and humanities research in an understandable, clear, and concise manner for a diverse readership. The content Forest ecosystem services Spiritual refuges Health benefits of forest visits Shinrin Yoku: Forest bathing Forests in climate change The target groups Professionals in environmental education, health, and forest sciences Students in earth, biological, health, and educational sciences The author Joachim Rathmann works on human-environment relations at the Institute of Geography (University of Augsburg) and as an adjunct professor at the School of Science and the Environment (Memorial University in Newfoundland). The translation was done with

the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.

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