

1. Record Nr.	UNINA9910760499803321
Autore	Ewert Alan W.C
Titolo	Health and Natural Landscapes : Concepts and Applications / / Alan W. Ewert, PhD, Indiana University, USA, Denise S. Mitten, PhD, Prescott College, USA, Jillisa R. Overholt, PhD, Warren, Wilson College, USA
Pubbl/distr/stampa	Oxford : , : CAB International, , 2021 ©2021
ISBN	9781789245417 1789245419
Edizione	[1st ed.]
Descrizione fisica	1 recurs en línia (137 pàgines)
Disciplina	615.535
Soggetti	Salut ambiental Ecologia del paisatge Llibres electrònics.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Half Title -- Title -- Dedication -- Copyright Page -- Contents -- Author Biographies -- Guest Contributors -- Preface -- Acknowledgments -- 1 Natural Landscapes and Human Health: an Introduction and Overview -- Defining Terms and Concepts -- Foundations -- The Importance of This Book -- Who is This Book For? -- 2 Human Perceptions of Nature -- What Are Worldviews? -- What Is Civilization? -- A History of Humans' Worldviews -- Related information: Cooperation and interdependence are the basis of life on earth -- India: Inner and outer lives are influenced by landscapes -- Worldviews and Choice and/or Where Do We Go From Here? -- 3 Natural Landscapes and the Health Crisis -- Aotearoa: Maori and pakeha value ancestral lands and biophilic cities -- Landscapes Are Not Always Healthy for Humans -- Health Risks from Polluted Environments -- Climate Change -- Destruction Can Be Profitable -- Indigenous Perspectives -- Grief and Reconciliation -- 4 Theories and Concepts: Linking Landscapes and Health -- Evolutionary-based Theories -- Restorative Environment Theories -- Identity-based Theories -- Australia: Indigenous teaching through stories and songlines, and from

Mother Earth -- Other Psychological Theories and Concepts -- Conclusion -- 5 Outcomes, Benefits, and Opportunities: Western Research Trends -- Exposure to Nature Increases Human Well-being -- Developing a Body of Knowledge -- Taiwan: Forest therapy is an antidote to the diseases of civilization -- Technological Advances Influence Research -- Research Informs Practice and Practice Informs Research -- 6 Applications: Facilitating Healthy Connections with Nature -- Applications -- Israel: Nature-based interventions in a rich and diverse landscape -- Other Cultural Frameworks -- Conclusion -- 7 Connecting with Landscapes: Intentional Access to Green Space -- Environmental Narratives.

Related information: What's in a name? -- Conservation and Preservation -- Green by Design -- China: Wellness tourism focuses on interaction with natural landscapes -- Socioecological Approach to Human Health -- Conclusion -- 8 Conclusions and Desired Future: Take a Park, Not a Pill -- Research and Evidence: Considerations for the Future -- Developing a Desired Future -- Japan: Mountains, the outdoors, and new challenges with COVID-19 -- Guiding Principles -- What Can We Do? -- References for Introductory Chapter Quotations -- Index -- Back.

Sommario/riassunto

Natural landscapes are intricately tied to human health and well-being, and increasingly valued for their stress-reduction benefits. Providing an overview of the history, theory, and individual and societal implications of human connection to landscape, this book delivers a research-backed introduction for students, academics and policy makers.
