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| Nota di contenuto | Spirit & Place Healing our environment Healing environment; Copyright; Contents; Healthy building; Author's note; Foreword by HRH The Prince of Wales; Foreword; In the beginning; Us and it; Part One: Issues of the Twenty-First Century; CHAPTER ONE Beneath the surface of today; Our world, our time, our opportunities; A new way for our time; The challenges of today; Problems and opportunities; Choice and consciousness; Beyond individualism: the journey from style to purpose; Human impact; Conscious reconnection; Elemental rebalancing; Process and life; From past to future; Old wisdom new needsOld limits; new consciousness; CHAPTER TWO The elements of life; The nourishing elements; Rooting earth; Water for life; Fresh air; Nurturing warmth; CHAPTER THREE Design in the context of life; Hidden costs; Costs beneath the surface; Freedom or environment or freedom and environment; Refinding visibility; re-establishing the circle; Sustainability versus affordability; Sustaining sustainability; Either-or or and-and-and; Ecological awareness; Climate-responsive design; Sustainability versus aesthetics; Part Two: People, place and |

process; CHAPTER FOUR Place and people

How environment works on us: unseen influences Multi-level influence; Place and life, mood and individuality; Integrity: issues of truth; Objects or places: the form and space of our surroundings; Line, form, space and us; Polarities of life and consciousness; Place and territory: field and boundary; Form-giving principles; Outer forms: inner resonance; Living with traffic; Traffic and environment; Reducing traffic; At home in place: de-alienating environment; Connection with place-shaping processes; Scale: socially connecting or alienating; The substance of our surroundings; The speed of change

Anchoring roots in a global world Reconnection with earth; Culturizing identity; Chapter 5 Process-based design; Social inclusion: participatory design; Social process as a healing force; Design with, not for, people; Players, community and place; Consensus technique; What places say: subliminal messages; The subliminal language of place; Consensus design process; Organic development of place; Development: place-destroying or place-forming?; Past and future; Organic design process; Growing places; Growth process; Growth nodes; Urban densification; Fitting in; Part Three: Building to Heal

CHAPTER SIX Environment and health Life, soul, spirit and place: multi-level health issues; Levels of being; The physical body; Life energy; Moods and feelings; Individuality; Wholeness and health; Building for health; Sick building avoidance; Precautionary practice; Material factors; Indoor air; Lighting; Electrical pollution; Ionizing radiation; Earth radiation; Daylight and health; Life-energizing surroundings; Soul, place and health; De-stressing; The senses: stimulus, stress and delight; Balance; Spirit nourishment; CHAPTER SEVEN Healing by design Healing environment: not just for the ill

Sommario/riassunto

Built environment surrounds us for 90% of our lives but only now are we realising its influence on the environment, our health, and how we think, feel and behave both individually and socially. Spirit & Place shows how to work towards a sustainable environment through socially inclusive processes of placemaking, and how to create places that are nourishing psychologically and physically, to soul and spirit as well as body. This book's unique arguments identify important, but often unrecognised, principles and illustra
