



# Landscape and Urban Design for Health and Well-Being: Using Healing, Sensory and Therapeutic Gardens

*Gayle Souter-Brown*

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## **Landscape and Urban Design for Health and Well-Being: Using Healing, Sensory and Therapeutic Gardens** Gayle Souter-Brown

In this book Gayle Souter-Brown explores the social, economic and environmental benefits of developing greenspace for health and well-being. She examines the evidence behind the positive effects of designed landscapes, and explains effective methods and approaches which can be put into practice by those seeking to reduce costs and add value through outdoor spaces.?

Using principles from sensory, therapeutic and healing gardens, Souter-Brown focuses on landscape's ability to affect health, education and economic outcomes. Already valued within healthcare environments, these design guidelines for public and private spaces extend the benefits throughout our towns and cities.

Covering design for school grounds to public parks, public housing to gardens for stressed executives, this richly illustrated text builds the case to justify inclusion of a designed outdoor area in project budgets. With case studies from the US, UK, Africa, Asia, Australasia and Europe, it is an international, inspirational and valuable tool for those interested in landscapes that provide real benefits to their users.

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