

Spaces of Care: Reimagining the Built Environment for Health and Well-being



Spaces of Care by Brian Sloan

★★★★★ 5 out of 5

Language : English
File size : 1608 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 431 pages
Screen Reader : Supported



By Brian Sloan

In his groundbreaking book, *Spaces of Care*, Brian Sloan argues that the built environment has a profound impact on our health and well-being. He shows how the design of our homes, workplaces, schools, and public spaces can promote physical activity, social interaction, and overall well-being.

Sloan draws on a wide range of research to show how the built environment can affect our physical health. For example, he shows how walkable neighborhoods can help reduce obesity rates, and how access to green space can improve cardiovascular health. He also shows how the built environment can affect our mental health. For example, he shows how social isolation can lead to depression, and how access to natural light can improve mood.

Sloan's book is a call to action for architects, planners, and policymakers to design spaces that promote health and well-being. He argues that we need to move away from the traditional focus on aesthetics and functionality and towards a focus on creating spaces that are healthy and restorative.

Spaces of Care is a must-read for anyone who is interested in the relationship between the built environment and health. It provides a wealth of evidence-based research that shows how the design of our surroundings can have a significant impact on our physical and mental well-being.

Key Features of Spaces of Care

- Provides a comprehensive overview of the research on the relationship between the built environment and health
- Offers practical advice on how to design spaces that promote physical activity, social interaction, and overall well-being
- Includes case studies of innovative projects that are using the built environment to improve health outcomes
- Written by a leading expert in the field of health and the built environment

Praise for Spaces of Care

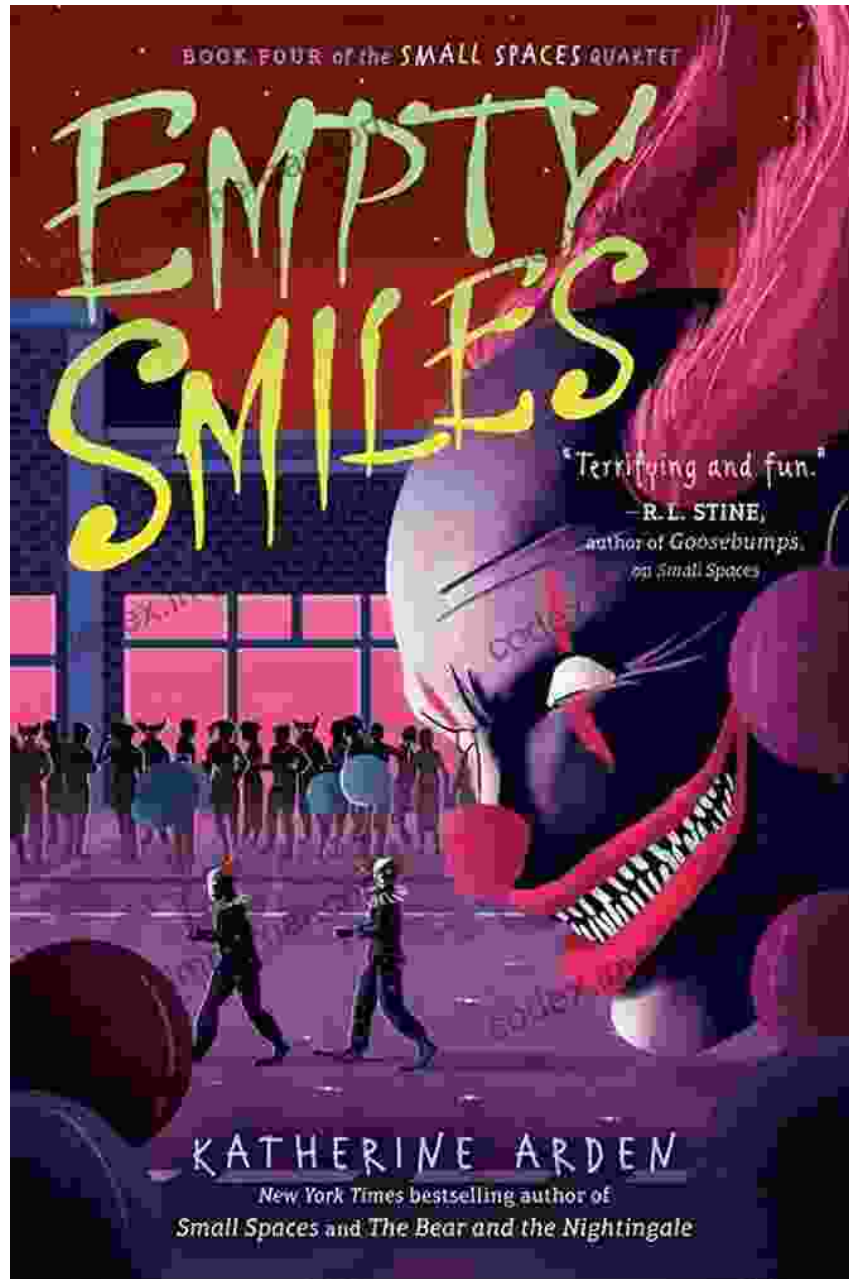
"Spaces of Care is a groundbreaking book that will change the way we think about the built environment. Brian Sloan provides a wealth of evidence to show how the design of our surroundings can have a profound impact on our health and well-being. This book is a must-read for anyone who is interested in creating healthy and sustainable communities." - Dr.

Richard Jackson, Professor of Environmental Health Sciences, University of California, Berkeley

"Spaces of Care is a timely and important book. Sloan makes a compelling case for the need to design spaces that promote health and well-being. This book is essential reading for architects, planners, policymakers, and anyone else who is interested in creating healthy and sustainable communities." - Dr. Howard Frumkin, Dean of the School of Public Health, University of Washington

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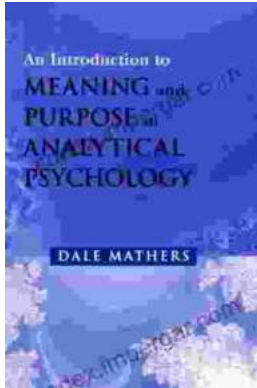
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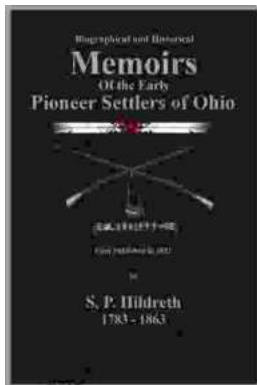
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