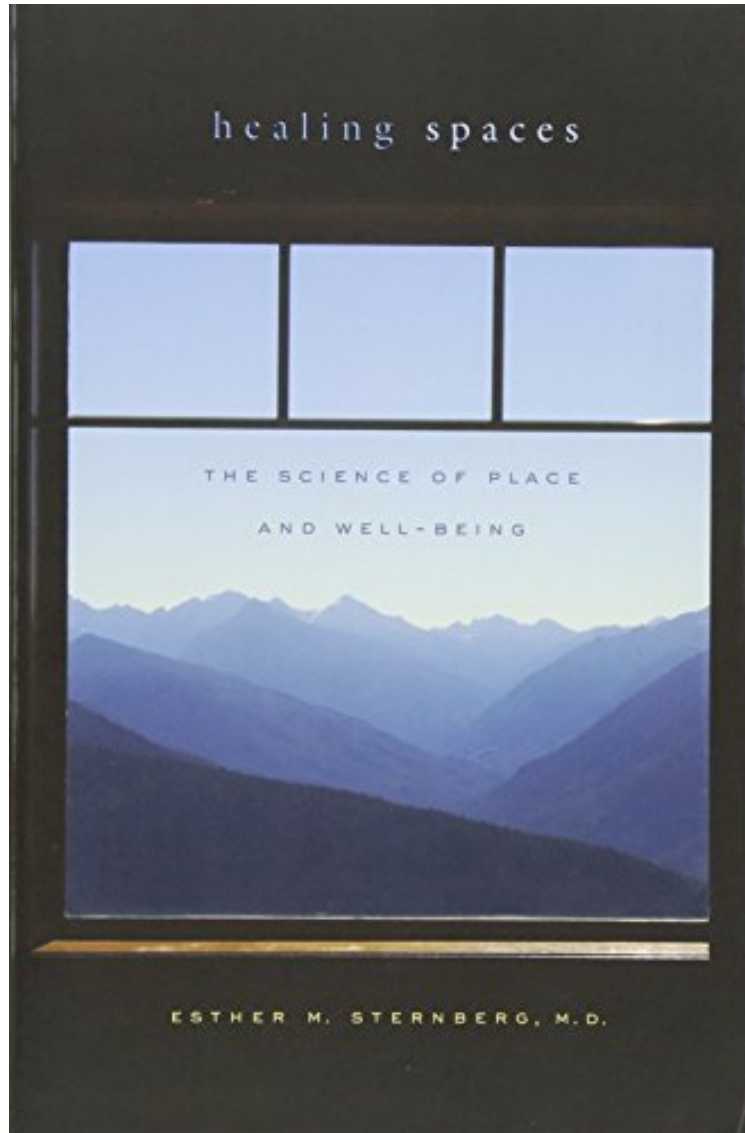


(Download ebook) Healing Spaces: The Science of Place and Well-Being

## Healing Spaces: The Science of Place and Well-Being

*Esther M. Sternberg*

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#86220 in Books Esther M Sternberg M D 2010-09-30 2010-08-09Original language:EnglishPDF # 1 .87 x 5.46 x 8.23l, .69 #File Name: 0674057481352 pagesHealing Spaces The Science of Place and Well Being | File size: 57.Mb

**Esther M. Sternberg : Healing Spaces: The Science of Place and Well-Being** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Spaces: The Science of Place and Well-Being:

2 of 2 people found the following review helpful. What's old is new again; reinventing the health care delivery system is more than financial. It has to come from the heart, too.By maureen pheleyI like that there is neuropsychology integrated into the pages as I read. It pulls it all together for me. I intuitively know that surroundings (both physical

and emotional) make difference in healing but now also have scientific reasoning or proposed reasoning for it as well. I go with the flow from my intuitive side but it's always nice to be able to back it up with evidence based science. It will be an adventure tracking new research about this very interesting topic. I see more than financial changes in how health care is delivered in the near future and much of it is, actually, a reintroduction of old practices like having solariums and gathering places in facilities, creating community, interaction, distraction, empathy and health. It works for staff as well as patients and creates new opportunities to do patient education, the backbone of patient's self-efficacy and prevention. It is the truth about integration of health care delivery and healing at it's best. 8 of 8 people found the following review helpful. Everyone should read!

By Rafael matias I had the chance to read the first book of this writer that focus more on scientific history and clinical field. This new book is somehow a great continuation of this impressive new field but now the author focus more on practical points rather than on scientific experiments. The amount of information contained in both books are pretty good, always trying to explain scientific world in simple ways I have learned a lot, especially about how important is to not ignore our emotions and how the environment we live in can change our life quality. The greatest argument of this book in my opinion is scientific data that support the new view of how cities and hospital should be made. Art, gardens, light and friends all are pivotal to improve our lives and patients care Thanks for this wonderful book and keep the good work

4 of 4 people found the following review helpful. Interesting

By Renee Costanzo I got this book to help process some of the healing I needed in my life and I have enjoyed the information I gained from the Author. She is wise and has such fascinating things to share, right up my alley. I would suggest it to anyone interested in the way we deal with our surroundings and the things we can manipulate for our good. I heard her interview on the radio, "On Being" and I was hooked into learning more.

Does the world make you sick? If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. Sternberg immerses us in the discoveries that have revealed a complicated working relationship between the senses, the emotions, and the immune system. First among these is the story of the researcher who, in the 1980s, found that hospital patients with a view of nature healed faster than those without. How could a pleasant view speed healing? The author pursues this question through a series of places and situations that explore the neurobiology of the senses. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety, or instill peace. If our senses can lead us to a place of healing, it is no surprise that our place in nature is of critical importance in Sternberg's account. The health of the environment is closely linked to personal health. The discoveries this book describes point to possibilities for designing hospitals, communities, and neighborhoods that promote healing and health for all.

From Publishers Weekly Even the ancients understood that some places had healing powers. But in the late 20th century, scientists began to study how space affects both mental and physical health for good and ill. NIH researcher Sternberg (*The Balance Within*) thoroughly chronicles research on the neural pathways that connect our sensory perception of our environment with our ability to heal. Why, for instance, do hospital patients whose window looks out on a grove of trees require less pain medication than patients looking out on a brick wall? Sternberg also examines how incorporating light and nature into our cities and buildings can promote health and reduce stress, and how this concept is influencing urban design and the layout of hospitals. Finally, Sternberg counsels individuals to find that place in the world that invites and promotes healing and reduces stress (for her, it is a garden of her youth). The conclusion e.g., that noise induces stress, which can impede healing seem intuitive and well known, but readers interested in neuroscience will learn much about the research on why this is the case. (May) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Most of us explain what other people do in terms of their individual abilities, motives, and personality traits, even when their behavior is due primarily to situational forces. This important and beautifully written book shows that contemporary medicine has made the same fundamental error about healing, and shows how powerful situations and spaces can be in moving people from illness to health. (John Cacioppo, author of *Loneliness: Human Nature and the Need for Social Connection*) This engaging book conversational in tone, informative in content is full of insight on collective healing and well-being. Esther Sternberg reveals the power of both natural places and architecture to elevate and enrich human experience and health. Enjoy it, and benefit from reading it! (Norman L. Koonce, former CEO, American Institute of Architects) A vividly written book about a humanly important issue: the ways in which the spaces we literally inhabit whether they be hospital rooms or spacious outdoor vistas are not just backdrops to our dramas of health and illness, but actually have an impact on the outcomes of those dramas. Mixing accessible science with elegant 'you are there' journeys of exploration, Sternberg has written a book that pushes the boundary of mind-body science in ways that patients and their caregivers alike will appreciate. (Anne Harrington, author of *The Cure Within: A History of Mind-Body Medicine*) Esther Sternberg is a rare writer a physician who healed herself by going back to ancient truths known by the Greeks, and proving them. With her scientific expertise and crystal clear prose, she illuminates how intimately the

brain and the immune system talk to each other, and how we can use place and space, sunlight and music, to reboot our brains and move from illness to health. (Gail Sheehy, author of *Passages*) Even the ancients understood that some places had healing powers. But in the late 20th century, scientists began to study how space affects both mental and physical health for good and ill. NIH researcher Sternberg thoroughly chronicles research on the neural pathways that connect our sensory perception of our environment with our ability to heal. The conclusionse.g., that noise induces stress, which can impede healingseem intuitive and well known, but readers interested in neuroscience will learn much about the research on why this is the case. (Publishers Weekly 2009-03-16) What Sternberg does so skillfully is to stitch together an explanation as to how so many of the things we intuitively find relaxing, like yoga, or sitting by the sea, or in a bright airy room, affect how quickly we heal. She provides the science to back it up and explains it so engagingly that it's hard to resist sharing her conviction. (Linda Geddes *New Scientist* 2009-05-09) *Healing Spaces* [is] an exploration of environmental influences over the brain, the body and the course of mental and physical disease. Anyone who has ever felt peace descend in lovely surroundings will find a few seeds of explanation in her book. (Abigail Zuger, M.D. *New York Times* 2009-06-30) In this fascinating book, physician Esther M. Sternberg explores the intersection of architecture and medicine; the studies and conferences (primarily through the Academy of Neuroscience for Architecture) and vast body of literature that reveals the extent to which our external environment plays a role in healing. Sternberg's findings are fascinating, some strange, some pure common sense, thought-provoking for both individuals and institutions. (Susan Salter Reynolds *Los Angeles Times* 2009-06-28) After this fascinating, engaging, and challenging read I'll think about the health consequences of where I am in a different way. (Richard Mitchell *The Lancet* 2009-07-04) Sternberg offers a fascinating study of the complex relationships between health and 'healing places.' She makes the work of many pioneers in brain and behavioral research accessible to laypersons even as they rub elbows with such figures as Walt Disney, Frank Gehry, and the Dalai Lama. This is a fine, thoughtful volume. (J. Quinan *Choice* 2010-01-01) **About the Author** Esther M. Sternberg, M.D., author of *The Balance Within: The Science Connecting Health and Emotions*, has done extensive research on brain-immune interactions and the effects of the brain's stress response on health. She is Research Director of the Arizona Center for Integrative Medicine at the University of Arizona, Tucson.