



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

*By Gayle Souter-Brown*

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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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*Marta Ratajszczak, Landscape Architects Network, landarchs.com*

**"Presenting greenspace as a human lifeline, this is an excellent and accessible read for the practitioner and students alike. Concepts of architecture, design, sustainability and well being are blended with whole of life costing approaches to make the case for a supportive urban environment in which individuals, families, communities and business can thrive." -**  
*Teena Hale Pennington, CEO New Zealand Institute of Architects (NZIA)*

**"A good, practical blueprint for creating urban spaces that offer health through nature." -**  
*Richard Low, journalist, author and co-founder of the Children & Nature Network*

**"Both comprehensive and informative, this publication adds immeasurably to the growing interest in the health-giving properties of green space to enhance liveable, sustainable cities. Covering design from school grounds to public parks, from public housing to private gardens, this richly illustrated text builds the case for including green spaces throughout our urban environments...**

**...It is refreshing to see coverage not just of the health benefits of urban green space but how interventions - large and small - provide social and economic benefits to communities. This is a rare, inclusive approach to thinking about how green nature can support us in our homes, neighbourhoods, schools, workplaces and healthcare facilities...**

**...This book is a rich and welcome addition to the debate." -**  
*World Health Design, Clare Cooper Marcus, University of California, Berkeley, USA*

About the Author

**Gayle Souter-Brown** is Founder and Director of Greenstone Design UK Ltd, salutogenic landscape and urban design consultants. Her research interests in design for health and well-being follow years working with disabled adults and children. With 25 years of international experience she lectures, writes and designs from UK and New Zealand.

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