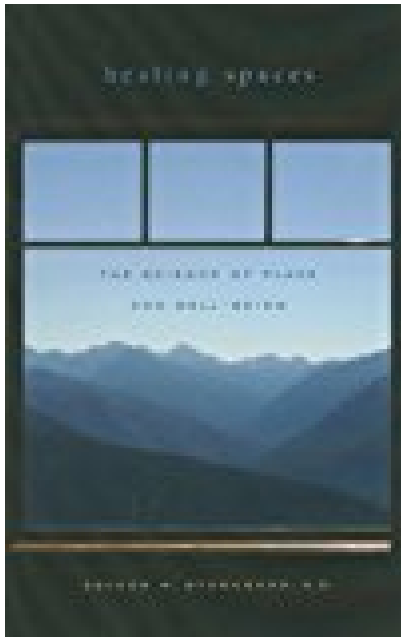


# Healing Spaces The Science of Place and Well-Being

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## BOOK DETAILS

- Author : Esther M. Sternberg
- Pages : 352 Pages
- Publisher : Belknap Press
- Language : English
- ISBN : 0674057481



## BOOK SYNOPSIS

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. 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.

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