

Bibliography

Biophilic Design : The Theory, Science, and Practice of Bringing Buildings to Life 2008. Hoboken, N.J. : Wiley.

This book offers a new model for how we should design and build our buildings and our communities – a model that recognizes that the positive experience of natural systems and processes in our buildings and constructed landscapes is critical to human health, performance, and well-being. *Biophilic Design: The Theory, Science, and Practice of Bringing Buildings to Life* is a guide to the theory, science, and practice of biophilic design. Comprised of twenty-three original essays by world-renowned scientists, designers, and practitioners, it addresses the basic concepts of biophilia, its expression in the built environment, how biophilic design connects to human biology, evolution, and development, the science and benefits of biophilic design on human health, childhood development, and healthcare, how to implement biophilic design strategies, and more. This was written for architects, landscape architects, planners, developers, environmental designers, building owners and other businesspeople. This text will be used in my paper to support the idea that biophilic design improves one's mental health through offering various perspectives from scientists, designers, and practitioners.

Beatley, Timothy author. 2016. *Handbook of Biophilic City Planning and Design* Washington, DC : Island Press/Center for Resource Economics : Imprint: Island Press.

This book talks about the relationship between cities, nature and people. It is said that things like parks, street trees, and green roofs are all being increasingly appreciated for the experiences they facilitate, contributing to better physical and mental health. The *Handbook of Biophilic City Planning and Design* offers advice and inspiration for ensuring that nature in the city is more than infrastructure (that it also promotes wellbeing and creates an emotional connection to the earth among urban residents). Broken up into six main parts, chapters within the parts highlight urban biophilic innovations in over a dozen global cities. The last part concludes with lessons on how to advance an agenda for urban biophilia and an extensive list of resources. This is a good reading for students and practitioners looking to place nature at the core of their planning and design ideas. This text will be used in my paper to look at biophilic design in a city setting.

Kellert, Stephen R., author. 2018. *Nature by Design : The Practice of Biophilic Design* New Haven, CT : Yale University Press.

In this examination of biophilia, Stephen Kellert describes the basic principles, practices, and options for successfully implementing biophilic design. He shows readers what is and is not good biophilic design using examples of workplaces, healthcare facilities, and schools, commercial centers, religious structures, and hospitality settings. Featuring over a hundred design images, this book is good for architects, designers, engineers, scholars of evolutionary biology, and anyone interested in nature inspired spaces. This text will be used in my paper to look at different examples of biophilic design (such as in workplaces, healthcare facilities, and schools, commercial centers, religious structures, and hospitality settings) as well as to reference various images.

Kopec, David Alan, author. 2018. *Environmental Psychology for Design*. Third edition. ed. New York, NY : Fairchild Books, an imprint of Bloomsbury Publishing Inc.

This book explores an in-depth look at psychological responses to the built environment, whether it be a specific room or buildings at large. The first edition served as an introduction to the discipline of environmental psychology and inspired readers to embrace its key concepts and incorporate them into their practice. This third edition continues to analyze the interaction between environments and human behavior and wellbeing, while exploring how individual

differences related to age, gender, and cultural background impact that interaction. This book is good for designers and anyone looking to learn more about how interior spaces can affect their health. This text will be used in my paper to look at psychology in terms of interior spaces from a more general perspective.

Mahnke, Frank H., 1947-. 1996. *Color, Environment, and Human Response : An Interdisciplinary Understanding of Color and its use as a Beneficial Element in the Design of the Architectural Environment* New York : Van Nostrand Reinhold.

Architect and consultant Mahnke has specialized in the effects and use of color. In this book, he describes the properties and effects of color and makes specific recommendations of its use in environments ranging from school gymnasiums to hospital EKG rooms and industrial foundries. Sixty different color palettes are explored. This book is primarily for professionals in planning and designing human facilities. This text will be used in my paper to make connections between specific colors / color schemes and biophilic design.

Skidmore, Owings & Merrill; Ford and Earl Design, interior designers. mid 1960s, Image: 1969. Ford Motor Credit Company, interior, office. https://library-artstor-org.libproxy.newschool.edu/asset/ASTOLLERIG_10312343075.

Skidmore, Owings & Merrill; Ford and Earl Design, interior designers. mid 1960s, Image: 1969. Ford Motor Credit Company, interior, lobby. https://library-artstor-org.libproxy.newschool.edu/asset/ASTOLLERIG_10312343071.