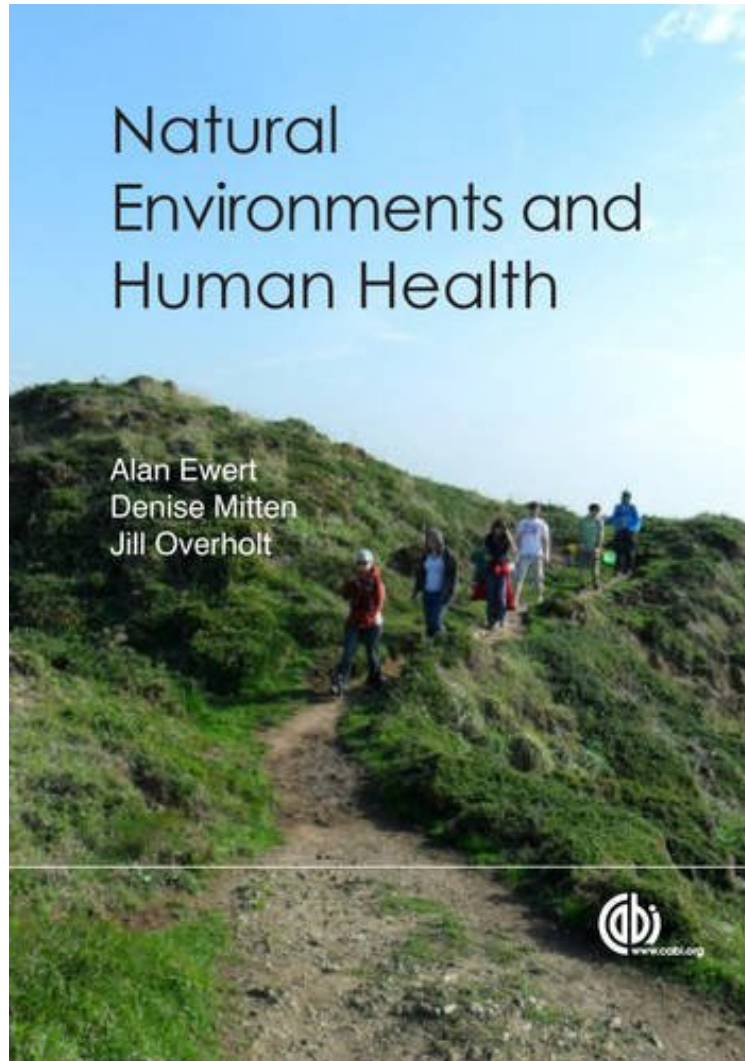


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# Natural Environments and Human Health

*A. nbsp;W. Ewert, D. Mitten, J. Overholt*  
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The role natural environments play in human health and wellbeing is attracting increasing attention. There is growing medical evidence that access to the natural environment can prevent disease, aid recovery, tackle obesity and improve mental health. This book examines the history of natural environments being used for stress-reduction, enjoyment, aesthetics and catharsis, and traces the development of the connection between humans and the environment, and how

they impact our personal and collective health.

About the Author A. W. Ewert