

# Biophilic Design The Theory Science And Practice Of Bringing Buildings To Life

**Robin Guenther,Gail Vittori**

**Biophilic Design** Stephen R. Kellert, Judith Heerwagen, Martin Mador, 2011-09-26 When nature inspires our architecture-not just how it looks but how buildings and communities actually function-we will have made great strides as a society. Biophilic Design provides us with tremendous insight into the 'why,' then builds us a road map for what is sure to be the next great design journey of our times. -Rick Fedrizzi, President, CEO and Founding Chairman, U.S. Green Building Council Having seen firsthand in my company the power of biomimicry to stimulate a wellspring of profitable innovation, I can say unequivocally that biophilic design is the real deal. Kellert, Heerwagen, and Mador have compiled the wisdom of world-renowned experts to produce this exquisite book; it is must reading for scientists, philosophers, engineers, architects and designers, and-most especially-businesspeople. Anyone looking for the key to a new type of prosperity that respects the earth should start here. -Ray C. Anderson, founder and Chair, Interface, Inc. The groundbreaking guide to the emerging practice of biophilic design This book offers a paradigm shift in how we design and build our buildings and our communities, one 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 is about humanity's place in nature and the natural world's place in human society, where mutuality, respect, and enriching relationships can and should exist at all levels and should emerge as the norm rather than the exception. Written for architects, landscape architects, planners, developers, environmental designers, as well as building owners, **Biophilic Design: The Theory, Science, and Practice of Bringing Buildings to Life** is a guide to the theory, science, and practice of biophilic design. Twenty-three original and timely essays by world-renowned scientists, designers, and practitioners, including Edward O. Wilson, Howard Frumkin, David Orr, Grant Hildebrand, Stephen Kieran, Tim Beatley, Jonathan Rose, Janine Benyus, Roger Ulrich, Bert Gregory, Robert Berkebile, William Browning, and Vivian Loftness, among others, address: \* The basic concepts of biophilia, its expression in the built environment, and how biophilic design connects to human biology, evolution, and development. \* The science and benefits of biophilic design on human health, childhood development, healthcare, and more. \* The practice of biophilic design-how to implement biophilic design strategies to create buildings that connect people with nature and provide

comfortable and productive places for people, in which they can live, work, and study. Biophilic design at any scale-from buildings to cities-begins with a few simple questions: How does the built environment affect the natural environment? How will nature affect human experience and aspiration? Most of all, how can we achieve sustained and reciprocal benefits between the two? This prescient, groundbreaking book provides the answers.

Biophilic Design Stephen R. Kellert, Judith Heerwagen, Martin Mador, 2013-04-23 When nature inspires our architecture-not just how it looks but how buildings and communities actually function-we will have made great strides as a society. Biophilic Design provides us with tremendous insight into the 'why,' then builds us a road map for what is sure to be the next great design journey of our times. -Rick Fedrizzi, President, CEO and Founding Chairman, U.S. Green Building Council Having seen firsthand in my company the power of biomimicry to stimulate a wellspring of profitable innovation, I can say unequivocally that biophilic design is the real deal. Kellert, Heerwagen, and Mador have compiled the wisdom of world-renowned experts to produce this exquisite book; it is must reading for scientists, philosophers, engineers, architects and designers, and-most especially-businesspeople. Anyone looking for the key to a new type of prosperity that respects the earth should start here. -Ray C. Anderson, founder and Chair, Interface, Inc. The groundbreaking guide to the emerging practice of biophilic design This book offers a paradigm shift in how we design and build our buildings and our communities, one 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 is about humanity's place in nature and the natural world's place in human society, where mutuality, respect, and enriching relationships can and should exist at all levels and should emerge as the norm rather than the exception. Written for architects, landscape architects, planners, developers, environmental designers, as well as building owners, Biophilic Design: The Theory, Science, and Practice of Bringing Buildings to Life is a guide to the theory, science, and practice of biophilic design. Twenty-three original and timely essays by world-renowned scientists, designers, and practitioners, including Edward O. Wilson, Howard Frumkin, David Orr, Grant Hildebrand, Stephen Kieran, Tim Beatley, Jonathan Rose, Janine Benyus, Roger Ulrich, Bert Gregory, Robert Berkebile, William Browning, and Vivian Loftness, among others, address: \* The basic concepts of biophilia, its expression in the built environment, and how biophilic design connects to human biology, evolution, and development. \* The science and benefits of biophilic design on human health, childhood development, healthcare, and more. \* The practice of biophilic design-how to implement biophilic design strategies to create buildings that connect people with nature and provide comfortable and productive places for people, in which they can live, work, and study. Biophilic design at any scale-from buildings to cities-begins with a few simple questions: How does the built environment affect the natural environment? How will nature affect human experience and aspiration? Most of all, how can we achieve sustained and reciprocal benefits between the two? This prescient, groundbreaking book provides the answers.

Nature by Design Stephen R. Kellert,2018-01-01 A gorgeously illustrated, accessible book that provides a holistic summary of the key elements for good biophilic design

**Nature Inside** William D. Browning,Catherine O. Ryan,2020-10-09 Written by a leading proponent of biophilic design, this is the only practical guide to biophilic design principles for interior designers. Describing the key benefits, principles and processes of biophilic design, Nature Inside illustrates the implementation of biophilic design in interior design practice, across a range of international case studies - at different scales, and different typologies. Starting with the principles of biophilic design, and the principles and processes in practice, the book then showcases a variety of interior spaces - residential, retail, workplace, hospitality, education, healthcare and manufacturing. The final chapter looks 'outside the walls', giving a case study at the campus and city scale. With practical guidance and real-world solutions that can be directly-applied in day-to-day practice, this is a must-have for designers interested in applying biophilic principles.

**Birthright** Stephen R. Kellert,2012-11-13 Human health and well-being are inextricably linked to nature; our connection to the natural world is part of our biological inheritance. In this engaging book, a pioneer in the field of biophilia—the study of human beings' inherent affinity for nature—sets forth the first full account of nature's powerful influence on the quality of our lives. Stephen Kellert asserts that our capacities to think, feel, communicate, create, and find meaning in life all depend upon our relationship to nature. And yet our increasing disconnection and alienation from the natural world reflect how seriously we have undervalued its important role in our lives. Weaving scientific findings together with personal experiences and perspectives, Kellert explores specific human tendencies—including affection, aversion, intellect, control, aesthetics, exploitation, spirituality, and communication—to discover how they are influenced by our relationship with nature. He observes that a beneficial relationship with the natural world is an instinctual inclination, but must be earned. He discusses how we can restore the balance in our relationship by means of changes in childhood development, education, conservation, building design, ethics, and everyday life. Kellert's moving book provides exactly what is needed now: a fresh understanding of how much our essential humanity relies on being a part of the natural world.

Nature by Design Stephen R. Kellert,2018-04-17 Biophilia is the theory that people possess an inherent affinity for nature, which developed during the long course of human evolution. In recent years, studies have revealed that this inclination continues to be a vital component to human health and wellbeing. Given the pace and scale of construction today with its adversarial, dominative relationship with nature, the integration of nature with the built environment is one of the greatest challenges of our time. In this sweeping examination, Stephen Kellert describes the basic principles, practices, and options for successfully implementing biophilic design. He shows us what is—and isn't—good biophilic design using examples of workplaces, healthcare facilities, schools, commercial centers, religious structures, and hospitality settings. This book will to appeal to architects, designers, engineers, scholars of human evolutionary biology, and—with more than one hundred

striking images of designs—anyone interested in nature+inspired spaces.

Kinship to Mastery Stephen R. Kellert, 2003-10 Kinship to Mastery is a fascinating and accessible exploration of the notion of biophilia -- the idea that humans, having evolved with the rest of creation, possess a biologically based attraction to nature and exhibit an innate affinity for life and lifelike processes. Stephen R. Kellert sets forth the idea that people exhibit different expressions of biophilia in different contexts, and demonstrates how our quality of life in the largest sense is dependent upon the richness of our connections with nature. While the natural world provides us with material necessities -- food, clothing, medicine, clean air, pure water -- it just as importantly plays a key role in other aspects of our lives, including intellectual capacity, emotional bonding, aesthetic attraction, creativity, imagination, and even the recognition of a just and purposeful existence. As Kellert explains, each expression of biophilia shows how our physical, material, intellectual, emotional, and spiritual well-being is to a great extent dependent on our relationships with the natural world that surrounds us. Kinship to Mastery is a thought-provoking examination of a concept that, while not widely known, has a significant and direct effect on the lives of people everywhere. Because the full expression of biophilia is integral to our overall health, our ongoing destruction of the environment could have far more serious consequences than many people think. In a readable and compelling style, Kellert describes and explains the concept of biophilia, and demonstrates to a general audience the wide-ranging implications of environmental degradation. Kinship to Mastery continues the exploration of biophilia begun with Edward O. Wilson's landmark book Biophilia (Harvard University Press, 1984) and followed by The Biophilia Hypothesis (Island Press, 1993), co-edited by Wilson and Kellert, which brought together some of the most creative scientists of our time to explore Wilson's theory in depth.

Building for Life Stephen R. Kellert, 2012-09-26 Sustainable design has made great strides in recent years; unfortunately, it still falls short of fully integrating nature into our built environment. Through a groundbreaking new paradigm of restorative environmental design, award-winning author Stephen R. Kellert proposes a new architectural model of sustainability. In Building For Life, Kellert examines the fundamental interconnectedness of people and nature, and how the loss of this connection results in a diminished quality of life. This thoughtful new work illustrates how architects and designers can use simple methods to address our innate needs for contact with nature. Through the use of natural lighting, ventilation, and materials, as well as more unexpected methodologies-the use of metaphor, perspective, enticement, and symbol-architects can greatly enhance our daily lives. These design techniques foster intellectual development, relaxation, and physical and emotional well-being. In the works of architects like Frank Lloyd Wright, Eero Saarinen, Cesar Pelli, Norman Foster, and Michael Hopkins, Kellert sees the success of these strategies and presents models for moving forward. Ultimately, Kellert views our fractured relationship with nature as a design problem rather than an unavoidable aspect of modern life, and he proposes many practical and creative solutions for cultivating a more rewarding experience of nature in

our built environment.

**Biomimetics for Architecture** Jan Knippers, Ulrich Schmid, Thomas Speck, 2019-06-17 Nature has always been a source of inspiration for the design of the human environment. The analysis of biological constructions can not only lead to astonishing technical solutions but can also inspire the design of architecture. Bionics is a fascinating border area between pure research and practical application: biologists, chemists, physicists, mineralogists, and paleontologists meet up with material scientists, engineers, and architects and transfer their knowledge to architecture and construction. Using numerous practical examples, this richly illustrated introduction traces the process from the understanding of how something functions, to abstraction—for example in computer models—and the construction of initial prototypes, through to fully functional manufacture and production.

**Ecological Urban Architecture** Thomas Schröpfer, 2012-12-13 The goal of advancing eco cities often remains confined to political or technological issues. This book establishes a focus on architectural and infrastructural design approaches to sustainable urban development. Taking as a basis the critical assessment of the five prototypical eco cities of Vauban/Freiburg, solarCity/Linz, Valdespartera, Sarriguren/Pamplona und Bo01/Malmö., the book identifies fields in which architectural and urban designers can use their creative skills and methods to achieve sustainable results on the urban scale. The themes of Materialize, Mobilize, Simulate and Transform highlight the shift from the manipulation of quantitative variables to interactive relationships effecting qualitative outcomes in design. For example, Materialize explores the potential of eco-design beyond the traditional palette of materials to show how spatial boundaries can be re-imagined as gradients of conditioned versus unconditioned space, working with climatic conditions rather than material boundaries to help generate new forms of urban architecture.

**Biophilic Cities** Timothy Beatley, 2011 Tim Beatley has long been a leader in advocating for the greening of cities. But too often, he notes, urban greening efforts focus on everything except nature, emphasizing such elements as public transit, renewable energy production, and energy efficient building systems. While these are important aspects of reimagining urban living, they are not enough, says Beatley. We must remember that human beings have an innate need to connect with the natural world (the biophilia hypothesis). And any vision of a sustainable urban future must place its focus squarely on nature, on the presence, conservation, and celebration of the actual green features and natural life forms. A biophilic city is more than simply a biodiverse city, says Beatley. It is a place that learns from nature and emulates natural systems, incorporates natural forms and images into its buildings and cityscapes, and designs and plans in conjunction with nature. A biophilic city cherishes the natural features that already exist but also works to restore and repair what has been lost or degraded. In *Biophilic Cities* Beatley not only outlines the essential elements of a biophilic city, but provides examples and stories about cities that have successfully integrated biophilic elements--from the building to the regional level--around the world. From

urban ecological networks and connected systems of urban greenspace, to green rooftops and green walls and sidewalk gardens, Beatley reviews the emerging practice of biophilic urban design and planning, and tells many compelling stories of individuals and groups working hard to transform cities from grey and lifeless to green and biodiverse.

**Handbook of Biophilic City Planning & Design** Timothy Beatley, 2016 This publication offers practical advice and inspiration for ensuring that nature in the city is more than infrastructure--that it also promotes well-being and creates an emotional connection to the earth among urban residents. Divided into six parts, the Handbook begins by introducing key ideas, literature, and theory about biophilic urbanism. Chapters highlight urban biophilic innovations in more than a dozen global cities. The final part concludes with lessons on how to advance an agenda for urban biophilia and an extensive list of resources.--Publisher.

**The Tall Buildings Reference Book** David Parker, Antony Wood, 2013-04-12 As the ever-changing skylines of cities all over the world show, tall buildings are an increasingly important solution to accommodating growth more sustainably in today's urban areas. Whether it is residential, a workplace or mixed use, the tower is both a statement of intent and the defining image for the new global city. The Tall Buildings Reference Book addresses all the issues of building tall, from the procurement stage through the design and construction process to new technologies and the building's contribution to the urban habitat. A case study section highlights the latest, the most innovative, the greenest and the most inspirational tall buildings being constructed today. A team of over fifty experts in all aspects of building tall have contributed to the making of the Tall Buildings Reference Book, creating an unparalleled source of information and inspiration for architects, engineers and developers.

Light in Architecture Chris van Uffelen, 2012 Light is a prerequisite for architecture, since it is the element that renders walls and spaces visible. With the right light, well-designed buildings and interiors are considerably enhanced. In recent years, supported by groundbreaking technological innovations, the use of light in architecture and interior design has become more creative, lively and colorful than ever. Not only have these developments allowed for more artistry in the field, but lighting design has also become part of energy-saving concepts. Light in Architecture presents 123 projects by architects and designers all around the world, where the use of natural and artificial light is the defining element: the C42 Showroom in Paris, the Air Traffic Control Tower in Vienna, the Supperclub in Singapore, the Greenpix Zero Energy Wall in Beijing, the Ave Maria Chapel in Naples, FL, the Koukjian Jewelry in Beirut and the Deloitte Headquarters in Copenhagen - this volume allows every imaginable use of light in every sector to shine.

*Design for a Living Planet* Michael Mehaffy and Nikos A. Salingaros, 2017-05-30 In this brief, accessible volume, the authors — an urban philosopher and a mathematician-physicist — explain the surprising new findings from the sciences that are beginning to transform environmental design in the modern era. Authors Michael Mehaffy and Nikos Salingaros explore

fractals, networks, self-organization, dynamical systems and other revolutionary ideas, describing them to non-science readers in a direct and engaging way. The book also examines fascinating new topics of design, including Agile, Wiki, Design Patterns and other “open-source” approaches from the software world. The authors conclude that a profound transformation is under way in modern design — and today’s students and practitioners will need to be aware of its implications for our future. “Lucidly describes what’s coming in the world of design — and what needs to come.” — Ward Cunningham, Inventor of wiki, and pioneer of Pattern Languages of Programming, Agile, and Scrum “Essential reading for all urban designers.” — Jeff Speck, Author of Walkable City “Brilliant.” — Charles Montgomery, Author of Happy City “Inspired, compelling and fascinating... Recognizes that a true architecture can be dug from the facts, insights, and theories, that occur with a broadening of science to include the human being.” — Christopher Alexander, Author of A Pattern Language and Notes on the Synthesis of Form Some comments on the individual chapters: “Packed with detail and beautiful in presentation.” — Gil Friend “Human society must find a path of retreat. Salingaros and Mehaffy point the way.” — David Brussat, Providence Journal “Michael Mehaffy and Nikos Salingaros have written some brilliant articles on how we can co-create cities which are truly resilient, rather than being ‘engineered resilient’.” — Smallworld Urbanism “For me, this essay was like a flash of insight, and I suddenly saw the world in a new light.” — Oeyvind Holmstad, Permaliv “We’ve just come across a very thoughtful article by Michael Mehaffy and Nikos Salingaros... [who] draw a number of lessons from biological systems and use them to draw conclusions about how resilient human systems must be designed.” — Resilient Design Institute “Salingaros and Mehaffy take us from the configuration of city spaces to the order of cells in living beings.” — Jaap Dawson, Delft Institute of Technology “If you wanted to know where the cutting edge was in urban design, it is here.” — Patrick J. Kennedy, CarFreeInBigD “This is the single most intelligent and illuminating article I’ve seen on Archdaily in 3 years.” — Nìming Pínglùn Zhě, China Michael Mehaffy is an urbanist and design theorist, and a periodic visiting professor or adjunct in five graduate universities in four countries and three disciplines (architecture, urban planning and philosophy) including the University of Oregon (US) and the University of Strathclyde (UK). He has been a close associate of the architect and software pioneer Christopher Alexander, and a Research Associate with the Center for Environmental Structure, Alexander’s research center founded in 1967. He is currently executive director of Portland, Oregon based Sustasis Foundation, and editor of Sustasis Press. Nikos A. Salingaros is a mathematician and polymath known for his work on urban theory, architectural theory, complexity theory, and design philosophy. He has been a close collaborator of the architect and computer software pioneer Christopher Alexander. Salingaros published substantive research on Algebras, Mathematical Physics, Electromagnetic Fields, and Thermonuclear Fusion before turning his attention to Architecture and Urbanism. He is Professor of Mathematics at the University of Texas at San Antonio and has been on the Architecture faculties of universities in Italy, Mexico, and The Netherlands.

**Sustainable Healthcare Architecture** Robin Guenther, Gail Vittori, 2013-07-23 With this book, Robin Guenther and Gail Vittori show us how critical our green building mission is to the future of human health and secures a lasting legacy that will continue to challenge and focus the green building movement, the healthcare industry, and the world for years to come. —From the Foreword by Rick Fedrizzi, President, CEO and Founding Chair, U.S. Green Building Council **INDISPENSABLE REFERENCE FOR THE FUTURE OF SUSTAINABLE HEALTHCARE DESIGN** Written by a leading healthcare architect named one of Fast Company's 100 most creative people in business and a sustainability expert recognized by Time magazine as a Green Innovator, *Sustainable Healthcare Architecture, Second Edition* is fully updated to incorporate the latest sustainable design approaches and information as applied to hospitals and other healthcare facilities. It is the essential guide for architects, interior designers, engineers, healthcare professionals, and administrators who want to create healthy environments for healing. Special features of this edition include: 55 new project case studies, including comparisons of key sustainability indicators for general and specialty hospitals, sub-acute and ambulatory care facilities, and mixed-use buildings. New and updated guest contributor essays spanning a range of health-focused sustainable design topics. Evolving research on the value proposition for sustainable healthcare buildings. Profiles of five leading healthcare systems and their unique sustainability journeys, including the UK National Health Service, Kaiser Permanente, Partners HealthCare, Providence Health & Services, and Gundersen Health System. Focus on the intersection of healthcare, resilience, and a health promotion imperative in the face of extreme weather events. Comparison of healthcare facility-focused green building rating systems from around the world. *Sustainable Healthcare Architecture, Second Edition* is an indispensable resource for anyone interested in the design, construction, and operation of state-of-the-art sustainable healthcare facilities.

**Biophilia** Sally Coulthard, 2020-03-19 In this beautifully illustrated guide, best-selling author Sally Coulthard demonstrates how to transform your living and working spaces into places that put you in touch with nature. Eight inspiring chapters cover key elements for the 'biophilic home', including materials, views, colour and natural light. Each section explores the links between home, health and happiness, drawing on environmental research and neuroscience while making practical suggestions for bringing the natural world into your home. Bring nature indoors with flowers and plants, rediscover the innate pleasure of real fires and fresh air, and learn how to improve your mood and sleep patterns with dynamic light. Create a space filled with natural elements, patterns, nature's colours, fabrics and textures that lift your mood; find out why natural sounds and water are soothing; and learn how to make small changes that will inspire, invigorate and enrich your relationship with the natural world. 'As best-selling author and designer, Sally Coulthard, reveals in this guide, creating a 'biophilic home' can have a huge impact on your wellbeing; improving your mood and encouraging healthier sleep patterns...Be it plants, materials, colour or light, it's enlightening to see how small changes can make a big difference, while deepening your respect and correlation to the natural world.' *FORBES Magazine* 'How to embrace the natural world by

transforming your interior spaces with specific materials, colours, views and sounds.' Gardens Illustrated 'Humans are mammals, programmed over millennia to respond to the natural world. We may be able to live and work in man-made environments most of the time. But according to a new movement of biophilic designers and enthusiasts, we are not thriving...writer Sally Coulthard likens it to the practice of keeping animals in captivity, in surroundings ill-suited to their needs. We live in a world that is fundamentally mismatched to our evolutionary adaptation - we don't see, hear and feel the things that we are programmed to respond to, she writes.' Financial Times

**Creating Biophilic Buildings** Amanda Sturgeon,2017-12-15

Biophilic and Bioclimatic Architecture Amjad Almusaed,2010-12-21 Biophilic and Bioclimatic Architecture is a guide to innovative architectural design for architects, engineers and other specialists who are working with biophilic and bioclimatic architectural concepts. Biophilic and Bioclimatic Architecture has three parts: • Part I focuses on the relationship between architecture and human needs and the creation process, demonstrating the meaning of architectural value in architectural hypothesis. • Part II opens the way towards a new understanding of biophilic architecture as a response to the negative actions of humans and the negative effects of using natural resources. • Part III shows the benefits of combining the effects of the climate with the notion of human comfort in bioclimatic architecture.

**Birthright** Stephen R. Kellert,2012-11-13 Asserts that man's ability to think, feel, communicate, create, and find meaning is inextricably linked to his relationship with nature and that modern challenges are directly related to today's disconnect from the natural world.

Whispering the Strategies of Language: An Psychological Journey through **Biophilic Design The Theory Science And Practice Of Bringing Buildings To Life**

In a digitally-driven earth where displays reign great and quick interaction drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words usually get unheard. However, located within the pages of **Biophilic Design The Theory Science And Practice Of Bringing Buildings To Life** a captivating literary prize pulsing with organic emotions, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that marvelous opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the psychological depths of this emotional evaluation, we shall embark upon a honest exploration of the book is key styles, dissect their captivating publishing model, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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### **Biophilic Design The Theory Science And Practice Of Bringing Buildings To Life Introduction**

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