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The Shaping of Us: How Everyday Spaces Structure our Lives, Behaviour, and Well-Being (Paperback)

By Lily Bernheimer

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. What makes everyday spaces work, how do they shape us, and what do they say about us? The spaces we live in - whether public areas, housing, offices, hospitals, or cities - mediate community, creativity, and our very identity, making us who we are. Using insights from environmental psychology, design, and architecture, *The Shaping of Us* reveals the often imperceptible ways in which our surroundings influence our behaviour. Wide-ranging and global examples cover the differences between personalities and nationalities, explore grass-roots and mainstream efforts to build environments promoting well-being, and look ahead to what will become of us if we don't listen closely to what we know is good for us. You will learn whether you are a natural prospector or refuger in the office environment, what roundabouts and stoplights say about British and American culture, whether you are guilty of NIMBYism or being drawn to ruin porn, and how the half-house may be a common sight in the near future. The environments we inhabit define our identities - from the earliest moments of our evolution to the worlds we build around ourselves.



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