

*Healing Spaces The Science Of Place And Well Being Esther M  
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Esther Sternberg is research director at the Arizona Center for Integrative Medicine at the University of Arizona. She was formerly at the National Institutes of Health. Her books include Healing Spaces: The Science of Place and Well Being and The Balance Within: The Science Connecting Health & Emotions.

### **Esther Sternberg — The Science of Healing Places - The On ...**

Healing Spaces [is] an exploration of environmental influences over the brain, the body and the course of mental and physical disease... Anyone who has ever felt peace descend in lovely surroundings will find a few seeds of explanation in her book. — Abigail Zuger, M.D.

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Healing Spaces. For example, professor Irving Biederman of the University of Southern California has found that when people view scenes that are universally preferred — a beautiful vista, a sunset, a grove of trees — the nerve cells connected to the visual cortex in the opiate-rich pathway at the base of the brain become active,...

### **Healing Spaces - Experience Life**

Healing Spaces: The Science of Place and Well-Being was recognized by the President of the American Institute of Architects as an inspiration for launching the AIA's Design and Health Initiative.

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