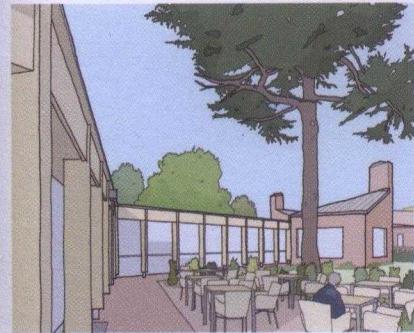


Contents

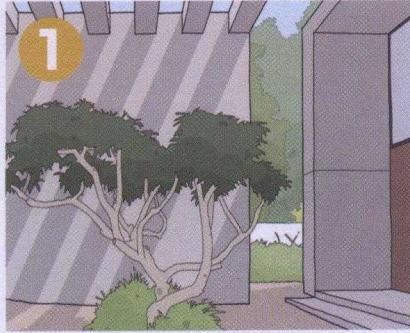
Acknowledgements
About the author

IV
V



Introduction

1



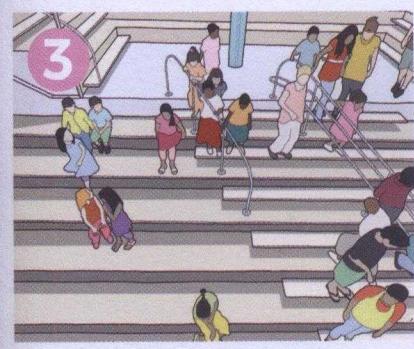
Light, natural and artificial

4



Comfort and materials

30



Control and autonomy

60



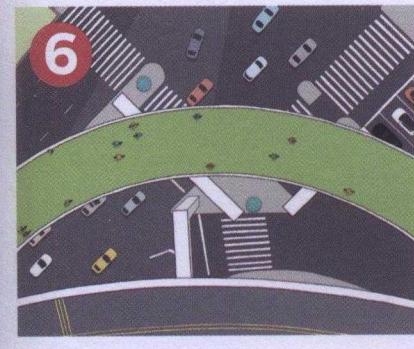
Nature and biophilia

92



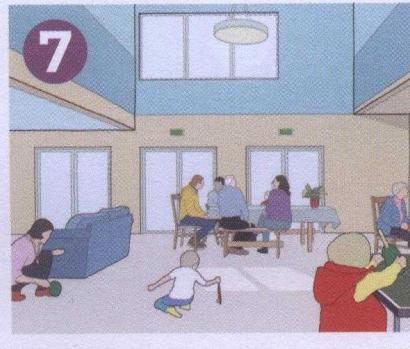
Aesthetics and legibility

130



Activity and exercise

154



Social interaction, community and sense of place



Conclusions and further thoughts

210

References

212

Index

225

Image Credits

234