



Chi cura chi (Italian Edition)

Alessandra Chermaz

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Nella complessa realtà moderna i giardini sono diventati quasi dei santuari; dei luoghi dove venire a contatto con gli elementi naturali e i cambiamenti delle stagioni, al fine di rinvigorire lo spirito e riequilibrare le energie corpo -mente. Il testo descrive, i numerosi benefici psico-fisici che si possono ottenere dalla relazione uomo-pianta e dal contatto con l'ambiente naturale. E' diretto agli operatori che lavorano in campo sociale e nelle scuole, offre infatti spunti per l'organizzazione di attività di giardinaggio all'interno di scuole, centri riabilitativi, centri diurni e ospedali. E' utile ad agronomi, architetti e progettisti , fornisce infatti indicazioni utili per la progettazione di giardini e parchi sensoriali accessibili a tutti e spazi verdi dedicati alla riabilitazione.

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