



Environmental Psychology: An Introduction

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Environmental Psychology: An Introduction offers a research-based introduction to the psychological relationship between humans and their built and natural environments and discusses how sustainable environments can be created to the benefit of both people and nature

- Explores the environment's effects on human wellbeing and behaviour, factors influencing environmental behaviour and ways of encouraging pro-environmental action
- Provides a state-of-the-art overview of recent developments in environmental psychology, with an emphasis on sustainability as a unifying principle for theory, research and interventions
- While focusing primarily on Europe and North America, also discusses environmental psychology in non-Western and developing countries
- Responds to a growing interest in the contribution of environmental psychologists to understanding and solving environmental problems and promoting the effects of environmental conditions on health and wellbeing

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Environmental Psychology: An Introduction From Brand: Wiley-Blackwell Bibliography

- Sales Rank: #728421 in Books
- Brand: Brand: Wiley-Blackwell
- Published on: 2012-04-30
- Original language: English
- Number of items: 1
- Dimensions: 9.72" h x .84" w x 7.50" l, 1.94 pounds
- Binding: Paperback
- 406 pages

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Editorial Review

Review

“This book is an interesting change from the usual run of introductions to environmental psychology. It deals interesting and thoroughly with a wide range of issues, and generally the many authors present their views and accounts of research in a clear and easy-to-follow manner.” (*Psychology Learning & Teaching*, 1 November 2013)

From the Back Cover

Whether made up of concrete skyscrapers or ancient redwoods, the environment influences people's lives in many ways; reciprocally, this environment is in many ways a product of human activity. The most up-to-date introductory textbook on its subject, *Environmental Psychology: An Introduction* provides a valuable overview of the interplay between humans and their varied environments. A response to the growing interest in environmental psychology as a way to promote sustainable environments, this text incorporates the work of over fifty well-known scholars to examine this increasingly important area.

Environmental Psychology addresses questions of how environments affect humans, what motivates people to act pro-environmentally, and how humans can be encouraged to establish and maintain a sustainable environment. The book discusses both environmental factors that threaten and promote human wellbeing, and elaborates on a wide range of factors influencing actions that affect environmental conditions, including contextual factors, motivational factors and habits. Furthermore, the book demonstrates ways to encourage pro-environmental behaviour including information strategies, incentives and persuasive technology, and describes factors influencing the acceptability of environmental policies.

Environmental Psychology provides an international approach, including non-Western and developing countries, and offers comprehensive reviews of key research lines in environmental psychology.

About the Author

Linda Steg is professor of Environmental Psychology at the University of Groningen in the Netherlands. She has written extensively on factors influencing environmental behaviour, effects and acceptability of environmental policies, and the impact of environmental conditions on quality of life. She is the current president of the Environmental Psychology Division at the International Association of Applied Psychology.

Agnes E. Van den Berg is an environmental psychologist, specialising in research on people's responses to natural environments. She has published in both the academic and popular press on topics such as landscape preferences, health benefits of nature, children and nature and evidence-based design of healing environments. She has worked at Wageningen University and Research Centre in the Netherlands in a variety of roles for 15 years and has recently been appointed as a special professor of landscape perception at the University of Groningen, the Netherlands.

Judith I. M. de Groot is a senior lecturer in Applied Psychology at Bournemouth University, UK. She received her PhD at the University of Groningen, the Netherlands. Her research interests include explaining

and changing pro-environmental behaviours, with a focus on how values and norms affect pro-environmental behaviour.

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