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Walter Pape, Frederick Burwick

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Christos Gallis, Won Sop Shin, 2020-08-10 Forests have diverse values and functions that produce not only material products but also non material services The health functions provided by forests have been used for a very long time but they have only been emphasized in many fields of society in recent years The rapid increase in urbanization and the problems of stress sedentary occupations and hazardous urban environmental conditions due to modern life may be factors that place great demand on forests health functions Scientific research has shown that there are various psychological and physiological human health benefits of exposure to forests parks and green spaces This collection of papers highlights up to date findings and evidence to reveal the beneficial effects of forests on human and public health The findings provided here can be implemented in practice and policy using forests and nature for human and public health

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