



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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