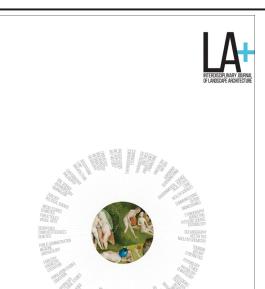


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LA+ Vitality UPENN Landscape Architecture

ISBN 9781943532650

Publisher ORO Editions

Binding Paperback / softback

Territory World excluding USA, Canada, Australasia. Asia non-

exclusive.

Size 266 mm × 222 mm

Pages120 PagesIllustrations100 color

Name of series LA+ Interdisciplinary Journal of Landscape Architecture

Price £15.95

• Explores the notion of vitality as a proxy for the health of all things, and how design can improve the vitality of people, cities, systems, and landscapes

Vitality is liveliness, to be alive. To be alive is to have the ability to harvest energy for movement, growth, and self-replication. But without health, vitality is just mechanistic. In this issue of LA+ we explore the notion of vitality as a proxy for the health of all things. We explore how design can improve the vitality of people, cities, systems, and landscapes.

Articles include:

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- Through the intimate case study of a 15th century Roman noblewoman, historian Mirka Benes reveals the role of gardens in maintaining physical and mental health in the early modern era.
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- Architect and urban designer Christopher Marcinkoski considers Tokyo's landscape future in the face of significant population decline.
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LA+ VITALITY is edited by the University of Pennsylvania Weitzman School of Design faculty Tatum L. Hands and Richard Weller.