



## Forests, Trees and Human Health

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The link between modern lifestyles and increasing levels of chronic heart disease, obesity, stress and poor mental health is a concern across the world. The cost of dealing with these conditions places a large burden on national public health budgets so that policymakers are increasingly looking at prevention as a cost-effective alternative to medical treatment. Attention is turning towards interactions between the environment and lifestyles.

Exploring the relationships between health, natural environments in general, and forests in particular, this groundbreaking book is the outcome of the European Union's COST Action E39 'Forests, Trees and Human Health and Wellbeing', and draws together work carried out over four years by scientists from 25 countries working in the fields of forestry, health, environment and social sciences. While the focus is primarily on health priorities defined within Europe, this volume explicitly draws also on research from North America.

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Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Forests, Trees and Human Health, you are able to enjoy both. It is very good combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

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