

FURTHER READING

Books mentioned in Thomas Heatherwick's *Humanise: a maker's guide to building our world*, or which connect to the themes of the Humanise campaign.

Susan Magsamen & Ivy Ross, *Your Brain on Art: how the arts transform us* (2023)

A brilliant introduction to the science of neuroaesthetics, it offers compelling proof for how our brains and bodies transform when we engage with art, or look at a building – as well as how it can help build healthier communities and mend the planet.

Marwa Al-Sabouni, *The Battle for Home* (2016)

A profound memoir by the Syrian architect, referenced in *Humanise*. Detailing her experiences in war-torn Homs, the book explores the impact of bad urban planning, thoughtless modernisation, and the erasure of shared public spaces.

Ingrid Fetell Lee, *Joyful: the surprising power of ordinary things to create extraordinary happiness* (2018)

The designer explores how the spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

Rebecca Madgin, *Why Historic Places Matter Emotionally* (2025)

A clear, three-part framework that helps explain how we emotionally connect with historic places, and why recognising those feelings is essential if we want heritage decisions to better reflect real people and real places.

Tye Farrow, *Constructing Health: how the built environment enhances your mind's health* (2024)

Farrow shows how architecture can actively nurture human wellbeing, translating neuroscience into clear, inspiring design principles for creating places where people can truly thrive.

Sarah Williams Goldhagen, *Welcome to Your World: how the built environment shapes our lives* (2017)

Goldhagen draws on cognitive neuroscience to show how the places we build can profoundly uplift – or undermine – our wellbeing, offering a persuasive case for designing environments that truly support human experience.

Colin Ellard, *Places of the Heart: the psychogeography of everyday life* (2015)

The British-born, Canadian-based neuroscientist explores the intersection between architecture, psychology and urban design.

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