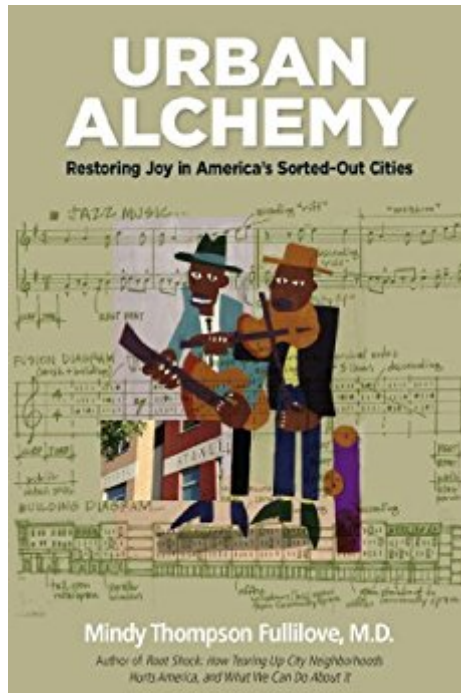


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# Urban Alchemy: Restoring Joy In America's Sorted-Out Cities



## Synopsis

What if divided neighborhoods were causing public health problems? What if a new approach to planning and design could tackle both the built environment and collective well-being at the same time? What if cities could help each other? Dr. Mindy Fullilove, the acclaimed author of *Root Shock*, uses her unique perspective as a public health psychiatrist to explore ways of healing social and spatial fractures simultaneously. Using the work of French urbanist Michel Cantal-Dupart as a guide, Fullilove takes readers on a tour of successful collaborative interventions that repair cities and make communities whole.

## Book Information

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## Customer Reviews

In *Urban Alchemy*, Mindy Fullilove brings together the fields of public health and public planning to propose a new way of healing broken cities. Her use of case studies brings to life the application of planning to create communities that are connected physically - through bridges, sightlines, high points, historical elements - and emotionally - through involving community residents in the

planning, the place-making, the re-emergence of the community out of broken neighborhoods. It makes so much sense. As Michel Cantal-Dupart said in a workshop I attended, a city is like a human body - each part connected to the other parts and therefore affected. So Urban Alchemy proposes that healing one part of a city helps heal the rest. It just makes so much sense. And Dr. Fullilove writes so eloquently and accessibly, the book is a pleasure to read. I urge anyone who cares about cities small and large to read it and apply its lessons - if not to heal, then to maintain civic health.

When it's not heartbreaking. The stories of damage to communities and the surprising fixes have global implications and are a harbinger of things to come as the world becomes both more urban and more prone to dislocation. This is an important book for anyone working in planning and public health.

Urban Alchemy is a fantastic book about how we can reconstruct and heal fractured cities. I read it as an assignment for a course on Community health analysis and it added much to our understanding of how the built environment influences communities and individuals' health. As a bonus we got to meet the author!! I would recommend it to anybody interested in issues of community health. It is very easy and enjoyable to read.

This book will change the way you view American cities. Dr. Fullilove writes an insightful, easy-to-follow manifesto for planners and urban enthusiasts alike! This is an excellent read and powerful in its intentions.

The best thing about this book is that it tackles a complex and vexing set of issues in an accessible way that leaves this reader, at least, feeling hopeful about the seemingly intractable problems of our cities. Dr. Fullilove has an engaging voice that makes this journey through her nine alchemical elements of urban restoration engaging and in-spirit-ing. I'm a reader with a strong preference for fiction over nonfiction, so if you want to teach me something, you'd better tell me a story. This book does--and I learned a lot in the process.

Dr. Fullilove, a psychiatrist, has focused her career on analyzing sick neighborhoods. As with all good doctors, she soon realized that no neighborhood thrives or fails in a vacuum. It is part of a city, a state, a nation and its connections to the larger world will profoundly affect it. Her book is readable, both as a study of how people live in real cities, and as a memoir of a life spent - and still being

spent - on solving a knotty problem, one neighborhood at a time. If you despair of fixing your little piece of the world, I urge you to read this book for a fresh perspective.

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