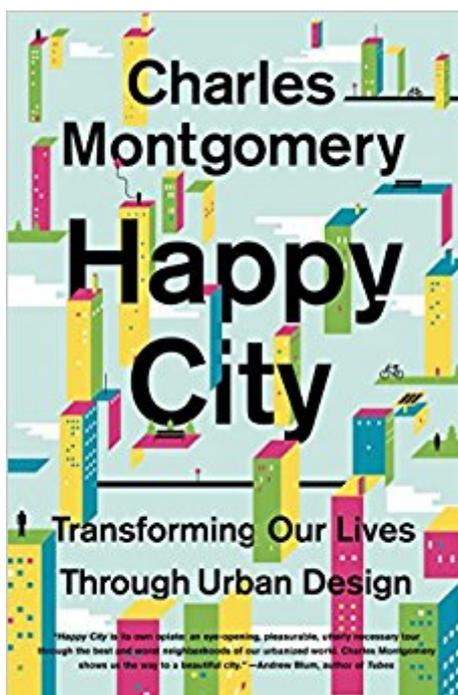


The book was found

Happy City: Transforming Our Lives Through Urban Design



Synopsis

A globe-trotting, eye-opening exploration of how cities can—and do—make us happier people. Charles Montgomery's *Happy City* is revolutionizing the way we think about urban life. After decades of unchecked sprawl, more people than ever are moving back to the city. Dense urban living has been prescribed as a panacea for the environmental and resource crises of our time. But is it better or worse for our happiness? Are subways, sidewalks, and condo towers an improvement on the car dependence of the suburbs? The award-winning journalist Charles Montgomery finds answers to such questions at the intersection between urban design and the emerging science of happiness, during an exhilarating journey through some of the world's most dynamic cities. He meets the visionary mayor who introduced a "sexy" bus to ease status anxiety in Bogotá; the architect who brought the lessons of medieval Tuscan hill towns to modern-day New York City; the activist who turned Paris's urban freeways into beaches; and an army of American suburbanites who have hacked the design of their own streets and neighborhoods. Rich with new insights from psychology, neuroscience, and Montgomery's own urban experiments, *Happy City* reveals how cities can shape our thoughts as well as our behavior. The message is ultimately as surprising as it is hopeful: by retrofitting cities and our own lives for happiness, we can tackle the urgent challenges of our age. The happy city can save the world—and we can all help build it.

Book Information

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Customer Reviews

Can cities make us better people? Is the suburban American Dream really a nightmare? In this lively and accessible book, journalist Montgomery (*The Shark God*) marshals decades of interdisciplinary research into an effective argument against what he calls the dispersed city—the modern city/suburb designed around the automobile. The result is a succession of arguments meant to debunk individualism and show how citizens thrive on contact with others. In Montgomery's hands, urban design proves not only exciting, but integral to our future. He persuasively demonstrates that designing cities with social beings in mind can make them more pleasant places to live, and shows why suburbs are experiencing higher crime, as well as a significant happiness deficit. Furthermore, this passionate jeremiad argues that urban design often reinforces inequality, and Montgomery includes useful prescriptions for creating what he calls the fair city, as well as addressing issues like gentrification. For Montgomery, the city is a happiness project that exists in part to corral our conviviality and channel it productively. Though Montgomery's argument may seem strange at first, the book will likely make you a believer. 68 b&w illus. Agent: Rebecca Gradinger, Fletcher & Co. (Nov.) --This text refers to the Hardcover edition.

What is considered the happiest city on earth? Improbably, it just might be Bogotá, Colombia, where drug lords ruled, bicycles now roll, and pedestrians stroll in a city with a mayor committed to transforming his town's image and its people's lives. What's the secret to his success? Not surprisingly, restricting traffic plays a huge part in Bogotá's livability, but banning cars isn't the be-all and end-all to urban bliss. As Montgomery illustrates through vibrant discussions of the physics, physiology, and psychology of urban, suburban, and exurban dwellers, multiple factors must coalesce before a city, large or small, can achieve perfection. All of which may become terribly muddled as climate change and resource depletion stress urban centers to an untenable tipping point. Touting extensive research tempered by anecdotal examples, Montgomery enumerates the mistakes made not only by the people who plan and govern cities but also by the people who live in them, and he offers cautious reassurance that it's not too late to turn things around for all cities. --Carol Haggas --This text refers to the Hardcover edition.

This is such an important book to read I have recommended it for San Luis Obispo's City Wide Read for 2018. The book covers so many aspects of urban living but most important--how getting out of our cars and traveling on foot or by bicycle makes us happier. Montgomery shows how organizing our housing and neighborhoods to be social and trusting (convivial) rather than isolated

and fearful will make us happier. He also demonstrates that disincentivizing car ownership can have a very positive effect on life satisfaction and make life safer for all of us, particularly children. If nothing else, read about the mayor of Bogota, Enrique Penalosa promoted bike ways in his city. Inspiring.

Recommended by Mr MoneyMustache. A bit repetitive. Would have preferred if it was written by an authority on City Planning rather than a journalist.

I was initially skeptical about the overly populist title. But Montgomery has great research and really strong design ideas. The book not only changes the framework for how we think about cities but also gives suggestions towards the future. It's a very accessible and informative overview of contemporary urbanism.

Absolutely love this book! Fantastic in depth look at how we can build better cities for ourselves and future generations. I would highly recommend it to anyone interested in improving their own lives as well as help build sustainable, happy communities. Great read!

A delightful book about creating environments where people can create communities and thrive together.

For someone who's never spent much time on urban design or city planning, this book used fun stories, real-life examples, and facts to show how to build better communities.

It is a great book for student who study urban design. Even this is a book for my class, I enjoy reading it every time. Indeed, this is the book that my class focus on the most, as most of the essay I wrote for the class revolve around the content of this book

Incredibly well written and researched, I was quite inspired by the potential of where I live. This book was first recommended by Mr. Money Mustache, and I am going to buy a few copies for my friends and family.

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