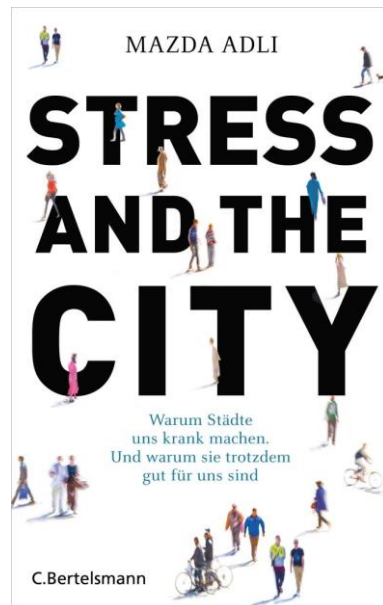


## How city life alters our psyche



Mazda Adli

### Stress and the City

[Stress and the City]

Why cities make us ill. And why they are still good for us.

C. Bertelsmann

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**Mazda Adli** studied medicine and afterwards became a junior doctor at the Clinic for Psychiatry at the Free University in Berlin. In 2004 he was appointed senior physician at the Clinic for Psychiatry and Psychotherapy at the Charité. The focus of his scientific work is mainly on research into stress and depression. As the executive director, he initiated the World Health Summit at the Charité in 2009. In 2013 he became the medical director of the Fliedner Clinic in Berlin.

Forecasts for 2050 say that about two-thirds of the world's population will be living in cities. Yet is it not precisely these cities, with their deafening noise, their hustle and bustle, their anonymity and the problem of isolation, not to mention exhaust fumes, that make us sick in body and soul?

The psychiatrist and stress researcher Mazda Adli has been looking into these issues for years within the "Stress in the City" project at the Charité in Berlin; he has developed a smartphone app to measure stress, has chosen an interdisciplinary approach for his book and argues in favour of the creation of places that are not built up so that in spite of high stress levels cities remain worth living in.

#### Press

"If you ever congratulate yourself in Berlin, Paris, Tokyo or Chongqing on the victory of your own urban lifestyle you should read this freshly published, intelligently and vividly written book." *Süddeutsche Zeitung*

"a fluid and comprehensible overview of many areas of urban research, enormously knowledgable and well-researched" *taz*

"a multifaceted book on stress [...] The most persuasive aspect of this book is its appeal for designing cities that are more people-friendly." *FAZ*