



Vitamin N: The Essential Guide to a Nature-Rich Life

By Richard Louv

Algonquin Books (division of Workman), United States, 2016. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. From the author of the New York Times bestseller that defined nature-deficit disorder and launched the international children-and-nature movement, Vitamin N (for nature) is a complete prescription for connecting with the power and joy of the natural world right now, with 500 activities for children and adults. Dozens of inspiring and thought-provoking essays. Scores of informational websites. Down-to-earth advice. In his landmark work *Last Child in the Woods*, Richard Louv was the first to bring widespread attention to the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection--from boosting mental acuity and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun. That book rivaled Rachel Carson's *Silent Spring* (the *Cincinnati Enquirer*), was an absolute must-read for parents (the *Boston Globe*), and an inch-thick caution against raising the fully automated child (the *New York Times*). His follow-up book, *The Nature Principle*, addressed the needs of adults and outlined a new nature movement and its potential to improve the lives of all...



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