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Vitamin N: An Action Guide to a Nature-Rich Life

By Richard Louv

Algonquin Books. Paperback. Condition: New. 204 pages. From the bestselling authority on connecting children with nature, a one-of-a-kind guidebook chock-full of practical ideas, advice, and inspiration for creating a nature-rich life--for kids and grown-ups alike. In his groundbreaking international bestseller *Last Child in the Woods*, Richard Louv spotlighted 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. *Vitamin N* is the comprehensive practical handbook and companion that readers have been requesting: five hundred activities, scores of informational websites, an abundance of down-to-earth advice, and dozens of thought-provoking essays--a complete prescription for immediately enjoying the natural world. Unlike other guidebooks, *Vitamin N* (for nature) addresses the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for finding nature-centered schools, medical professionals, and even careers; suggestions for calming infants through nature, building a nature vocabulary with toddlers, and going on a spider safari with elementary school children as well as helping tweens become citizen scientists and exploring geocaching...



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Reviews

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think.

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