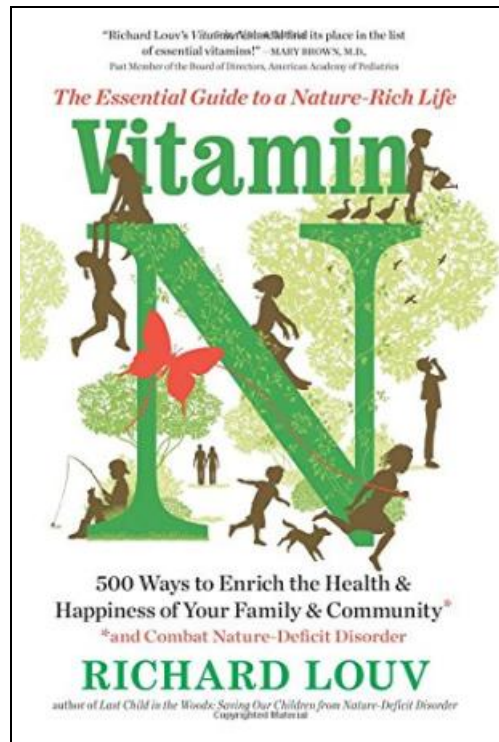


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VITAMIN N: AN ACTION GUIDE TO A NATURE-RICH LIFE

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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 with older kids; plus information on how the whole family can join nature clubs, volunteer to restore damaged habitats, or play outdoor games from all over the world--games that cannot be digitized. *Vitamin N* is a dose of pure inspiration. Louv recognizes the need for free, unstructured play that fosters independence, while understanding that the family together in nature strengthens bonds. And he reminds us that looking up at the stars or taking a walk in the woods is as joyful as it is essential, at any age. Richard Louv's *Vitamin N* should find its place in the list of...



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