



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

*Richard Low*

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

*Richard Louv*

## **Vitamin N: The Essential Guide to a Nature-Rich Life** Richard Louv

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 “rivalled 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 people no matter where they live” (McClatchy Newspapers). *Vitamin N* is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age.

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