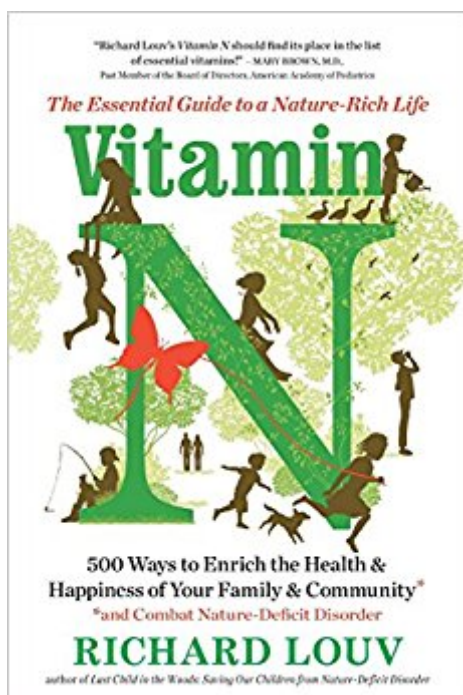


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Vitamin N: The Essential Guide To A Nature-Rich Life



Synopsis

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 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.

Book Information

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Customer Reviews

“Richard Louv’s Vitamin N should find its place in the list of essential vitamins! If we stress a connection to the natural environment . . . we can lessen the lifelong effects of a stressful childhood, including depression, obesity, behavior problems, drug use, and risk-taking behavior.” • Mary Brown, MD, past board member of the American Academy of Pediatrics “Vitamin N (N is for nature) is everything the worried parent needs...The accessibility of Louv’s writing is what truly shines, and his enthusiasm, so evident in earlier works, is on overdrive here. Anyone who works with children will embrace this title; families will be thrilled by its offerings. This is, without question, another shot out of the park for nature-advocate Louv.” • Colleen Mondor for Booklist, starred review “Louv (The Nature Principle) proclaims the many advantages of reconnecting with nature, both for children and adults, in an insightful and practical guide chock full of inspirational advice... Issuing an imperative that everyone should heed, this important new book provides the tools to reclaim the wonders and health benefits of nature.” • Publishers Weekly, starred review “Balancing the needs of time-stressed families with activities that appeal to different cultural backgrounds, and those that require organization as well as encourage independence, Louv strikes gold again! Louv has become a national leader in advocating for kids to connect with nature. His macrovision of ecological health speaks beyond the benefits of youngsters getting dirty. Essential for all collections.” • Library Journal, Starred Review “Both parents and teachers will find this book invaluable. Louv has provided a thoughtful and practical guide to establishing and ensuring a successful relationship between children and the outdoors.” • National Science Teachers Association “A truly engaging book, this resource is an excellent how to guide for getting students and families out in nature.” • Green Teacher Magazine

Richard Louv, recipient of the 2008 Audubon Medal, is the author of seven books, including Last Child in the Woods and The Nature Principle. The chairman of the Children & Nature Network (www.cnaturenet.org), he is also honorary cochair of the National Forum on Children and Nature. He has written for the San Diego Union-Tribune, the New York Times, the Washington Post, the Christian Science Monitor, and other newspapers and magazines. He has appeared on The Early Show, Good Morning America, Today, CBS Evening News, NBC Nightly News, NPR’s Morning Edition, Fresh Air, Talk of the Nation, and many other programs. For more information, visit www.lastchildinthewoods.com.

I received this book through a Goodreads First Reads Giveaway. *Vitamin N: The Essential Guide to a Nature-Rich Life* was a great read. There are *500 Ways to Enrich Your Family's Health & Happiness* as stated on the cover. There are ideas in this book for all ages, from infant to adult. The premise of the book is that we live in a society that has grown away from nature, that we are suffering from what the author has coined "nature-deficit disorder." The book is full of facts that support the idea that nature is beneficial to humans by relieving stress, anxiety, and depression; helping increase concentration and assisting with ADHD symptoms in children; improving mental and physical health; and aiding creativity and learning. The author encourages time in nature for everyone, including children and adults with special needs. The author suggests joining local outdoor groups to decrease isolation and to build stronger bonds with local people and other families. Though the point of the book is to get outside and into nature, away from the TV, electronic gadgets, and advertising, electronic devices can sometimes be used in tandem with nature to enhance the experience, as with geocaching, which is similar to a treasure hunt that uses GPS. He suggests taking an inexpensive camera and taking photos for older children. The book discusses the exciting increase in popularity of nature kindergartens and nature preschools. These types of programs take place outside, rain or shine. I like how the book is formatted. There are text areas, then there are set-apart bolded sections that are part of the 500 suggestions. I also like the fact that there are quotes from regular people and professionals who are involved in this "forward to nature" movement in a section called Other Voices. The book is broken up into manageable chunks, so it's great to read in doctor's offices, for example. The author also includes suggestions for grandparents to get involved. Some of the ideas included are gardening in the backyard, helping researchers by collecting data about local wildlife, going bird-watching, catching fireflies, hiking, mountain climbing, playing in the mud, camping or renting a cabin in the woods at a state park, wildcrafting, go on a picnic in the park, independent outdoor play, cloud-spotting (there's a group devoted to this!), record outdoor sounds like birds singing or the river and listen inside, storytelling, outdoor experiments like a sun oven, nature writing such as keeping a nature journal, writing about the beauty of something ugly, haiku poetry, rock art, making handmade books about your adventures outside and using outdoor treasures in them, tree-houses, going star-gazing, building forts, learn navigation skills, roll down grassy hills, fly a kite, and many, many other suggestions. Do these sound like activities that you might have done as a child? I remember doing many of them; they were normal parts of play years ago. This is not the case anymore. Some

of these activities sound so simple, but they are wonderful experiences! There is one thing I would like to note about a specific activity. The author suggests taking your child's toys and stuffed animals and hiding them outside in different areas, then letting your child find them and have a blast playing with them in a different environment. The author says that kids will love this, but I want to state that you know your child best. If my mom would have taken my stuffed animals outside and hid them, I would have freaked out and cried. An Easter egg hunt is one thing, but this is quite another. There are plenty of other suggestions, though. The book also includes suggestions on how to get the community involved in the Forward to Nature movement, using local schools and teachers, libraries, and other organizations. Some of these ideas seem to be out of reach and unrealistic, but the point of this book is to initiate change. What is unrealistic today might be common in the future. There are safety tips included, many resources including a bibliography and recommended reading, and ideas for people who live in urban areas. The book discusses healing gardens in hospitals and includes suggestions for renovations of buildings to include more elements of nature. Overall, this was a great book chock full of wonderful ideas to get back in touch with nature and regain balance. Even though I am not a parent, there are plenty of good ideas in here that I would like to try myself, and I plan to lend the book to my mother so that she might include some of these activities as she plays with and babysits my niece and nephew. While nature-deficit disorder is not a recognized medical diagnosis, I believe that there is credibility in the claims made about it. I would want the future generation to have good, positive memories of playing outside, and not just a childhood of memories that are just watching TV, playing video games, taking selfies, and surfing the internet. This book is a great place to start to enact change for the betterment of ourselves and our children.

I haven't finished this book yet but I loved it even after the first couple pages. It's informative, practical, gives great ideas, and totally inspiring. Definitely recommended.

Outstanding book on the essential need for everyone to lead a nature rich life. Highly recommended.

I really wanted to like this book but I found myself unimpressed by the ideas. I set down to highlight the "keeper" ideas and ended up giving up. It's not worth wading through the weeds of so so ideas in order to find one worthy. It's in the donate pile.

So many great ideas to get the kids and yourself involved in nature. Things you would never think

of. Great book.

Good for teachers and parents.

Richard Louv gives many practical examples of how to get you, your family, and children outside and enjoying nature more.

Plenty of good ideas here for this K-2 teacher. I marked it up and look forward to using it in my new-this-year forest classroom.

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Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) Vitamin N: The Essential Guide to a Nature-Rich Life Rich Dad's Retire Young Retire Rich: How to Get Rich and Stay Rich Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C, Updated and Expanded Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention and Treatment of Cancer With Special Reference to the Value of Vitamin C Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation DRI Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids You Can Choose to Be Rich: Rich Dad's 3-step Guide to Wealth (Rich Dad Book Series) Habits of the Super Rich: Find Out How Rich People Think and Act Differently: Proven Ways to Make Money, Get Rich, and Be Successful Loopholes of the Rich: How the Rich Legally Make More Money and Pay Less Tax (Rich Dad's Advisors) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Nature Walks In Southern Maine: Nature Rich Walks along the Maine Coast and Interior Hills Nature Walks In Eastern Massachusetts, 2nd: Nature-rich Walks within and Hour of Boston, features the Bay Circuit Nature Walks In Southern Vermont: Nature-rich, Easy-to-Moderate Walks in the Green Mountain State

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