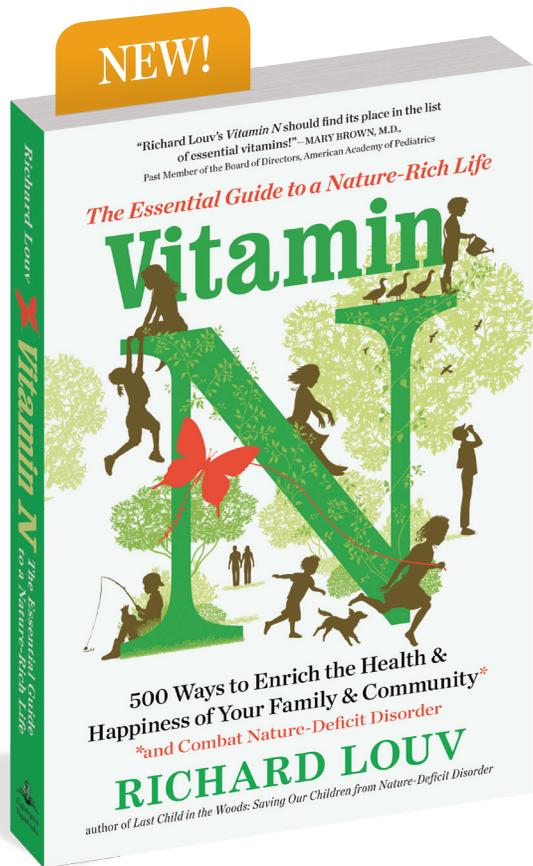


From the Bestselling Authority on Connecting Children with Nature

A Practical Guide for Creating a Nature-Rich Life



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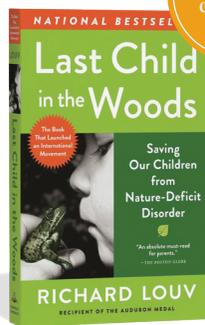
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The Book That Launched an International Movement

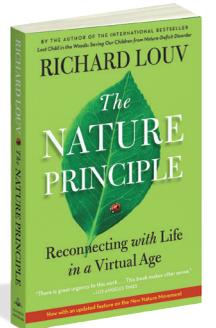
In his groundbreaking international bestseller, Richard Louv spotlights the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection—from boosting mental acuity and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun. This edition includes 100 actions you can take to create change in your community, school, and family; 35 discussion points to inspire people of all ages to talk about the importance of nature in their lives; and a progress report by the author about the growing Leave No Child Inside movement.



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Supported by landmark research, anecdotal evidence, and compelling personal stories, Louv identifies seven basic concepts that can help us reshape our lives. By tapping into the restorative powers of nature, we can promote mental and physical health and wellness; build smarter and more sustainable businesses, communities, and economies; and ultimately strengthen human bonds.



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