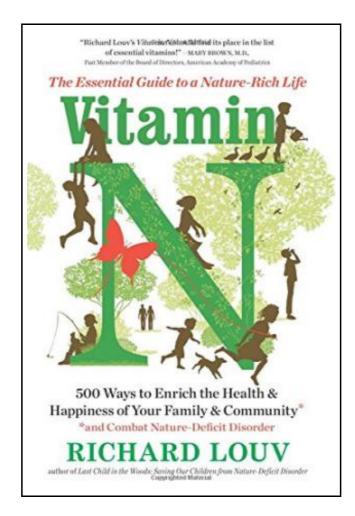
### Vitamin N: The Essential Guide to a Nature-Rich Life (Paperback)



Filesize: 8.38 MB

#### Reviews

*Very beneficial to any or all class of individuals. It is rally interesting throgh looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).* 

(Dr. Dallas Reinger IV)

# VITAMIN N: THE ESSENTIAL GUIDE TO A NATURE-RICH LIFE (PAPERBACK)



Algonquin Books (division of Workman), United States, 2016. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. From the author of the New York Times bestseller that defined naturedeficit 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, with500 activities for children and adultsDozens of inspiring and thought-provoking essaysScores of informational websitesDown-to-earth adviceIn 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.

Read Vitamin N: The Essential Guide to a Nature-Rich Life (Paperback) Online
Download PDF Vitamin N: The Essential Guide to a Nature-Rich Life (Paperback)

#### You May Also Like

PD	F

America s Longest War: The United States and Vietnam, 1950-1975 (Paperback) McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s... Download Book »



#### Nickel Plated (Paperback)

Amazon Encore, United States, 2011. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. It was weird to just get a contact out of nowhere. She was a kid, though,... Download Book »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback) WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Download Book »



#### Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback) ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language:

English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

Download Book »



## The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching... Download Book »

$\rightarrow$	Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home (Paperback) Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Download Document »
$\rightarrow$	California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version Access Card Package Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies Download Document »
$\rightarrow$	In Nature s Realm, Op.91 / B.168: Study Score (Paperback) Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, V P irod (In Nature s Realm) is Download Document »
$\rightarrow$	Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version Access Card Package Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies Download Document »
$\rightarrow$	Depression: Cognitive Behaviour Therapy with Children and Young People (Paperback) Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it Download Document »