



Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder

Richard Louv

Download now

[Click here](#) if your download doesn't start automatically

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder

Richard Louv

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder Richard Louv

"I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth-grader. Never before in history have children been so plugged in—and so out of touch with the natural world. In this groundbreaking new work, child advocacy expert Richard Louv directly links the lack of nature in the lives of today's wired generation—he calls it nature deficit—to some of the most disturbing childhood trends, such as rises in obesity, Attention Deficit Disorder (ADD), and depression.

Some startling facts: By the 1990s the radius around the home where children were allowed to roam on their own had shrunk to a ninth of what it had been in 1970. Today, average eight-year-olds are better able to identify cartoon characters than native species, such as beetles and oak trees, in their own community. The rate at which doctors prescribe antidepressants to children has doubled in the last five years, and recent studies show that too much computer use spells trouble for the developing mind.

Nature-deficit disorder is not a medical condition; it is a description of the human costs of alienation from nature. This alienation damages children and shapes adults, families, and communities. There are solutions, though, and they're right in our own backyards. *Last child in the Woods* is the first book to bring together cutting-edge research showing that direct exposure to nature is essential for healthy childhood development—physical, emotional, and spiritual. What's more, nature is a potent therapy for depression, obesity, and ADD. Environment-based education dramatically improves standardized test scores and grade point averages and develops skills in problem solving, critical thinking, and decision making. Even creativity is stimulated by childhood experiences in nature.

Yet sending kids outside to play is increasingly difficult. Computers, television, and video games compete for their time, of course, but it's also our fears of traffic, strangers, even virus-carrying mosquitoes—fears the media exploit—that keep children indoors. Meanwhile, schools assign more and more homework, and there is less and less access to natural areas.

Parents have the power to ensure that their daughter or son will not be the "last child in the woods," and this book is the first step toward that nature-child reunion.

 [Download Last Child in the Woods: Saving Our Children from ...pdf](#)

 [Read Online Last Child in the Woods: Saving Our Children fro ...pdf](#)

Download and Read Free Online Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder Richard Louv

From reader reviews:

Thomas Britton:

People live in this new moment of lifestyle always attempt to and must have the spare time or they will get lots of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely without a doubt. People is human not really a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.

Arthur Pascual:

Playing with family within a park, coming to see the water world or hanging out with good friends is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

Patrick Adkins:

This Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder is great reserve for you because the content which can be full of information for you who have always deal with world and have to make decision every minute. This book reveal it facts accurately using great organize word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with wonderful delivering sentences. Having Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder in your hand like obtaining the world in your arm, information in it is not ridiculous 1. We can say that no reserve that offer you world inside ten or fifteen tiny right but this reserve already do that. So , this is certainly good reading book. Hello Mr. and Mrs. occupied do you still doubt which?

Herbert White:

As we know that book is significant thing to add our know-how for everything. By a reserve we can know everything we want. A book is a group of written, printed, illustrated or perhaps blank sheet. Every year was exactly added. This e-book Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder was filled regarding science. Spend your spare time to add your knowledge about your science competence. Some people has distinct feel when they reading a book. If you know how big benefit from a book, you can experience enjoy to read a guide. In the modern era like right now, many ways to get book that you just wanted.

**Download and Read Online Last Child in the Woods: Saving Our
Children from Nature-Deficit Disorder Richard Louv
#LB5W1MX0HJG**

Read Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv for online ebook

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv books to read online.

Online Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv ebook PDF download

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv Doc

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv Mobipocket

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv EPub