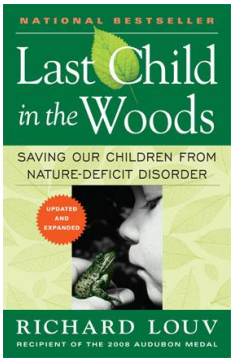
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Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder

Louv, Richard



Louv, Richard. Last Child in the Woods. Cover (2005)

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Louv, Richard. *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. Chapel Hill: Algonquin Press, 2005.

In *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, 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 the rises in obesity, attention disorders, and depression.

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.

Last Child in the Woods is the first book to bring together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. More than just raising an alarm, Louv offers practical solutions and ways to heal the broken bond—and many are right in our own backyard. (Text adapted from Richard Louv's homepage .)

Related links:

- Publisher's website featuring this book
  http://algonquin.com/book/last-child-in-the-woods/
- Richard Louv's homepage
  http://richardlouv.com/books/last-child/

Websites linked in this text:

- http://richardlouv.com/books/last-child/