



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

*Richard Louv*

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**“The children and nature movement is fueled by this fundamental idea: the child in nature is an endangered species, and the health of children and the health of the Earth are inseparable.” —Richard Louv, from the new edition**

In his landmark work *Last Child in the Woods*, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child’s healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children’s lives and the rise in obesity, attention disorders, and depression. Louv’s message has galvanized an international back-to-nature campaign to “Leave No Child Inside.” His book will change the way you think about our future and the future of our children.

“[The] national movement to ‘leave no child inside’ . . . has been the focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a ‘green hour’ in each day. . . . The increased activism has been partly inspired by a best-selling book, *Last Child in the Woods*, and its author, Richard Louv.” —*The Washington Post*

“*Last Child in the Woods*, which describes a generation so plugged into electronic diversions that it has lost its connection to the natural world, is helping drive a movement quickly flourishing across the nation.” —*The Nation’s Health*

“This book is an absolute must-read for parents.” —*The Boston Globe*

Now includes

**A Field Guide with 100 Practical Actions We Can Take?**

**Discussion Points for Book Groups, Classrooms, and Communities?**

**Additional Notes by the Author?**

**New and Updated Research from the U.S. and Abroad**

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