

"Louv's vital, inclusive, and inspiring call to better our lives by celebrating and protecting the living world marks the way to profound personal and cultural transformation." —*Booklist*, starred review

the
NATURE
PRINCIPLE



HUMAN RESTORATION
AND THE END OF
NATURE-DEFICIT DISORDER

RICHARD LOUV

author of the international bestseller *LAST CHILD IN THE WOODS*

The Nature Principle Human Restoration And End Of Deficit Disorder Richard Louv

Linda Weintraub



The Nature Principle Human Restoration And End Of Deficit Disorder

Richard Louv

The Nature Principle Richard Louv, 2011-05-01 The immediacy of Richard Louv's message in *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder* galvanized an international movement to reconnect children with nature. Now in *The Nature Principle* Louv reaches even further with a powerful call to action for the rest of us. Our society says Louv has developed such an outsized faith in technology that we have yet to fully realize or even adequately study how human capacities are enhanced through the power of nature. Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv shows us how tapping into the restorative powers of the natural world can boost mental acuity and creativity, promote health and wellness, build smarter and more sustainable businesses, communities, and economies, and ultimately strengthen human bonds. As he says in his introduction, *The Nature Principle* is about the power of living in nature, not with it but in it. We are entering the most creative period in history. The twenty-first century will be the century of human restoration in the natural world. Richard Louv makes a convincing case that through a nature-balanced existence driven by sound economic, social, and environmental solutions, the human race can and will thrive. This timely, inspiring, and important work will give readers renewed hope while challenging them to rethink the way we live.

The Nature Principle Richard Louv, 2012-04-17 For many of us, thinking about the future conjures up images of Cormac McCarthy's *The Road*, a post-apocalyptic dystopia stripped of nature. Richard Louv, author of the landmark bestseller *Last Child in the Woods*, urges us to change our vision of the future, suggesting that if we reconceive environmentalism and sustainability, they will evolve into a larger movement that will touch every part of society. This New Nature Movement taps into the restorative powers of the natural world to boost mental acuity and creativity, promote health and wellness, build smarter and more sustainable businesses, communities, and economies, and ultimately strengthen human bonds. Supported by groundbreaking research, anecdotal evidence, and compelling personal stories, Louv offers renewed optimism while challenging us to rethink the way we live.

Vitamin N Richard Louv, 2016-04-12 From the author of the New York Times bestseller that defined nature deficit 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. With 500 activities for children and adults, dozens of inspiring and thought-provoking essays, scores of informational websites, and down-to-earth advice, *Vitamin N* is a complete prescription for connecting with the power and joy of the natural world, right now. In 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

Last Child in the Woods Richard Louv, 2008-04-22 The Book That Launched an International Movement Fans of *The Anxious Generation* will adore *Last Child in the Woods* Richard Louv's groundbreaking *New York Times* bestseller An absolute must read for parents The *Boston Globe* It rivals Rachel Carson's *Silent Spring* The *Cincinnati Enquirer* I like to play indoors better cause that's where all the electrical outlets are reports a fourth grader But it's not only computers television and video games that are keeping kids inside It's also their parents fears of traffic strangers Lyme disease and West Nile virus their schools emphasis on more and more homework their structured schedules and their lack of access to natural areas Local governments neighborhood associations and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces sometimes making natural play a crime As children's connections to nature diminish and the social psychological and spiritual implications become apparent new research shows that nature can offer powerful therapy for such maladies as depression obesity and attention deficit disorder Environment based education dramatically improves standardized test scores and grade point averages and develops skills in problem solving critical thinking and decision making Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity In *Last Child in the Woods* Louv talks with parents children teachers scientists religious leaders child development researchers and environmentalists who recognize the threat and offer solutions Louv shows us an alternative future one in which parents help their kids experience the natural world more deeply and find the joy of family connectedness in the process Included in this edition 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

Our Wild Calling Richard Louv, 2020-11-10 A book that offers hope The *New York Times* Book Review A wondrous tapestry Carl Safina author of *Beyond Words* What Animals Think and Feel Audubon Medal winner Richard Louv's landmark book *Last Child in the Woods* inspired an international movement to connect children and nature Now he redefines the future of human animal coexistence In *Our Wild Calling* Louv interviews researchers theologians wildlife experts indigenous healers psychologists and others to show how people are connecting with animals in ancient and new ways and how this serves as an antidote to the growing epidemic of human loneliness how dogs can teach children ethical behavior how animal assisted

therapy may yet transform the mental health field and what role the human animal relationship plays in our spiritual health He reports on wildlife relocation and on how the growing populations of wild species in urban areas are blurring the lines between domestic and wild animals Our Wild Calling makes the case for protecting promoting and creating a sustainable and shared habitat for all creatures not out of fear but out of love Includes a new interview with the author discussion questions and a resource guide

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative Florence Williams, 2017-02-07 Highly informative and remarkably entertaining Elle From forest trails in Korea to islands in Finland to eucalyptus groves in California Florence Williams investigates the science behind nature's positive effects on the brain Delving into brand new research she uncovers the powers of the natural world to improve health promote reflection and innovation and strengthen our relationships As our modern lives shift dramatically indoors these ideas and the answers they yield are more urgent than ever

The Web of Life Richard Louv, 1996 Explores the web of life that connects people to one another looking at the strands of nature childhood adulthood spirit purpose and community and discusses the need to build strong relationships with family members friends and business associates

To Life! Linda Weintraub, 2012-09-01 This title documents the burgeoning eco art movement from A to Z presenting a panorama of artistic responses to environmental concerns from Ant Farms anti consumer antics in the 1970s to Marina Zurkows 2007 animation that anticipates the havoc wreaked upon the planet by global warming

Nature Play & Learning Places Robin C. Moore, 2014

This Is the Place Margot Kahn, 2017-11-14 A thought provoking collection of personal essays about home What makes a home What do equality safety and politics have to do with it And why is it so important to us to feel like we belong In this collection 30 women writers explore the theme in personal essays about neighbors marriage kids sentimental objects homelessness domestic violence solitude immigration gentrification geography and more Contributors including Amanda Petrusich Naomi Jackson Jane Wong and Jennifer Finney Boylan lend a diverse range of voices to this subject that remains at the core of our national conversations Engaging insightful and full of hope This is the Place will make you laugh cry and think hard about home wherever you may find it This collection encompassing a spectrum of races ethnicities religions sexualities political beliefs and classes could not be timelier open this book hear its chorus of voices and remember that we are a nation of individuals bound to each other by our humanity The New York Times Book Review an honest portrait of the U S pieced together like an imperfect American quilt We need more books like this BUST

Welcome to Shirley Kelly McMasters, 2008-01-11 Shirley seemed to be doomed from the beginning Founded by a Vaudevillian huckster who touted it as a seaside haven despite the sand bar that blocks access to the shore the town has been plagued by one disaster after another a UFO a childhood cancer cluster and a mysterious federal nuclear laboratory in nearby Brookhaven that leaked toxic nuclear and chemical waste into the aquifer from which the residents unknowingly drew their well water This is Kelly McMasters account of growing up in a cursed town and loving it anyway and of a girl's awakening to tragedy and to a sense

of mission Told in a deliciously engaging voice Welcome to Shirley balances the bitter with the sweet the funny with the infuriating in an unforgettable story of working class Long Island The North American Model of Wildlife Conservation Shane P. Mahoney, Valerius Geist, 2019-09-10 The foremost experts on the North American Model of Wildlife Conservation come together to discuss its role in the rescue recovery and future of our wildlife resources At the end of the nineteenth century North America suffered a catastrophic loss of wildlife driven by unbridled resource extraction market hunting and unrelenting subsistence killing This crisis led powerful political forces in the United States and Canada to collaborate in the hopes of reversing the process not merely halting the extinctions but returning wildlife to abundance While there was great understanding of how to manage wildlife in Europe where wildlife management was an old mature profession Continental methods depended on social values often unacceptable to North Americans Even Canada a loyal colony of England abandoned wildlife management as practiced in the mother country and joined forces with like minded Americans to develop a revolutionary system of wildlife conservation In time and surviving the close scrutiny and hard ongoing debate of open democratic societies this series of conservation practices became known as the North American Model of Wildlife Conservation In this book editors Shane P Mahoney and Valerius Geist both leading authorities on the North American Model bring together their expert colleagues to provide a comprehensive overview of the origins achievements and shortcomings of this highly successful conservation approach This volume reviews the emergence of conservation in late nineteenth early twentieth century North America provides detailed explorations of the Model s institutions principles laws and policies places the Model within ecological cultural and socioeconomic contexts describes the many economic social and cultural benefits of wildlife restoration and management addresses the Model s challenges and limitations while pointing to emerging opportunities for increasing inclusivity and optimizing implementation Studying the North American experience offers insight into how institutionalizing policies and laws while incentivizing citizen engagement can result in a resilient framework for conservation Written for wildlife professionals researchers and students this book explores the factors that helped fashion an enduring conservation system one that has not only rescued recovered and sustainably utilized wildlife for over a century but that has also advanced a significant economic driver and a greater scientific understanding of wildlife ecology Contributors Leonard A Brennan Rosie Cooney James L Cummins Kathryn Frens Valerius Geist James R Heffelfinger David G Hewitt Paul R Krausman Shane P Mahoney John F Organ James Peek William Porter John Sandlos James A Schaefer *The Urban Homestead* Kelly Coyne, Erik Knutzen, 2008 An essential handbook for the urban homesteading movement showing readers how to grow their own food raise city chickens gain energy independence and more Illustrations tips anecdotes and projects are designed to help urban households become more self sufficient and sustainable **Breasts** Florence Williams, 2012-05-23 Feted and fetishised the breast is an evolutionary masterpiece But in the modern world the breast is changing Breasts are getting bigger developing earlier and attracting newfangled chemicals Increasingly the odds are

stacked against us in the struggle against breast cancer even among men So what makes breasts so mercurial and so vulnerable As part of the research for this book science journalist Florence Williams underwent tests on her own breasts and breast milk She was shocked to learn that she was feeding her baby not just milk but also fire retardants and a whole host of other chemicals all ingested throughout her life and stored in her breast tissue At its heart Breasts a natural and unnatural history is the story of how our breasts went from being honed by the environment to being harmed by it a revealing and at times alarming look at the way the changes in our environments diets and lifestyles have altered our breasts our health and ultimately the health of future generations Accessible and entertaining part biology part anthropology and part medical journalism Breasts is a wake up call for all women

The Nature Principle Richard Louv, 2012-04-24 For many of us thinking about the future conjures up images of Cormac McCarthy's *The Road* a post apocalyptic dystopia stripped of nature Richard Louv author of the landmark bestseller *Last Child in the Woods* urges us to change our vision of the future suggesting that if we reconceive environmentalism and sustainability they will evolve into a larger movement that will touch every part of society This New Nature Movement taps into the restorative powers of the natural world to boost mental acuity and creativity promote health and wellness build smarter and more sustainable businesses communities and economies and ultimately strengthen human bonds Supported by groundbreaking research anecdotal evidence and compelling personal stories Louv offers renewed optimism while challenging us to rethink the way we live

Beyond Ecophobia David Sobel, 2013

One Health: The Well-being Impacts of Human-nature Relationships Eric Brymer, Elizabeth Louise Freeman, Miles Richardson, 2019-11-07 In recent years there has been a growing body of evidence from fields such as public health architecture ecology landscape forestry psychology sport science psychiatry geography suggesting that nature enhances psychological health and wellbeing Physical activity in the presence of nature feelings of connection to nature engagement with nature specific environmental features e.g therapeutic water and trees and images of real and virtual nature have all been posited as important wellbeing facilitators Thus the association between natural environments and health outcomes might be more complex than initially understood Pritchard Richardson Sheffield Karmanov Freeman Akhurst 2015 in the development of wellbeing and health outcomes Furthermore traditional theoretical notions such as Biophilia topophilia restoration theories and stress reduction theories typically used to interpret findings are also being critiqued Often one of the main barriers for practitioners is the vast array of theories that claim to effectively explain research findings but that tend to be only partially relevant e.g for Physical activity or restoration focus on the characteristics of the person e.g nature relatedness and only some features of the landscape e.g therapeutic landscapes This special edition therefore brings together cutting edge ideas and research from a wide set of disciplines with the purpose of exploring interdisciplinary or trans disciplinary approaches to understanding the psychological health and wellbeing benefits of human nature interactions

Ecotherapy Howard Clinebell, 2013-12-19 Here is a trailblazing book on issues of vital interest to the

future of humankind Ecotherapy Healing Ourselves Healing the Earth sheds light on humankind's most serious health challenge ever how to save our precious planet as a clean viable habitat As a guide for therapists health professionals pastoral counselors teachers medical healers and especially parents Ecotherapy Healing Ourselves Healing the Earth highlights readers strategic opportunities to help our endangered human species cope constructively with the unprecedented challenge of saving a healthful planet for future generations Ecotherapy Healing Ourselves Healing the Earth introduces readers to an innovative approach to ecologically grounded personality theory spirituality ecotherapy and education The book shares the author's well developed theories and methods of ecological diagnosis treatment and education so professionals and parents our most influential teachers can rise to the challenge of saving our planet Readers will find that the book helps them accomplish this goal as it explores an expanded ecologically grounded theory of personality development the missing dimension in understanding human identity formation outlines a model for doing ecologically oriented psychotherapy counseling medical healing teaching and parenting describes life saving perspectives for making one's lifestyle more earth caring demonstrates the importance of hope humor and love suggests how these earthy approaches may be utilized in a variety of social contexts and cultures A systematic theory and practice guidebook Ecotherapy Healing Ourselves Healing the Earth fills a wide gap in both the counseling and therapy literature and the ecology literature It offers an innovative model for fulfilling the ecological circle between humans and nature with three action dimensions These are self care by being intentionally nurtured by nature spiritual enrichment by enjoying the transcendent Spirit in nature and responding by nurturing nature more responsibly and lovingly The theories and practical applications presented in the book come together to explore long overlooked issues at the boundary between human health and the health of the natural environment Psychotherapists health professionals and teachers pastoral counselors and other clergy who counsel and teach laypersons who are parents and grandparents and individuals and groups interested in environmental issues will find Ecotherapy Healing Ourselves Healing the Earth essential for approaching the long neglected earthy roots of the total human mind body spirit organism

Dinosaur Odyssey Scott D. Sampson, 2011-06-28 The best general audience dinosaur book since the Dinosaur Renaissance began in the 1970s Philip J Currie coeditor of Encyclopedia of Dinosaurs from the foreword

Dinosaur Odyssey is not only a personable and highly accessible tour of the up to date discoveries about the gigantic and famous It also builds on dinosaur paleontology to far ranging topics like extinction climate change and the possibility of life on Mars The gift to the reader is both fascination and enlightenment Michael Novacek author of Terra and Dinosaurs of the Flaming Cliffs An odyssey indeed One of the world's leading dinosaur paleontologists Sampson draws on a wide variety of sciences from astronomy and cosmology to microbiology and ecology in order to portray dinosaurs as living animals The reader is in for a treat and will emerge with fresh and valuable insights Peter Dodson author of The Horned Dinosaurs

Children & Nature George K. Russell, 2014

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