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

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In The Nature Principle, Richard Louv's underlying belief is that connecting with the natural world is fundamental to human health, well-being, spirit and survival. To support this bold claim, he uncovers what is an extremely persuasive body of evidence - theoretical, anecdotal and empirical - that nature really does have a significant power to restore, heal and energize.

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Simply stated, the Nature Principle is "an amalgam of converging theories and trends as well as a reconciliation with old truths. This principle holds that a re-connection to the natural world is fundamental to human health, well-being, spirit, and survival."

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The Nature Principle: Human Restoration and the End of Nature Deficit Disorder Louv, Richard (2011). Chapel Hill, N.C: Algonquin Books of Chapel Hill; 317 pages. \$24.95. ISBN 9781565125810. Richard Louv's eight books show a long history of concern for the quality of life of families in the United States, with particular

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The nature principle; human restoration and the end of nature-deficit disorder. Louv, Richard. Algonquin Books 2011 317 pages \$24.95 Hardcover BF353 Louv, who introduced the term "nature-deficit disorder" in his 2005 bestseller Last Child in the Woods, continues his message of the extreme importance of a connection with nature.

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of ...  
Richard Louv

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For many of us, thinking about the future conjures up

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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.

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;

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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.

"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.

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 Down-to-earth advice In his landmark work Last Child in the Woods, Richard Louv was the first to bring widespread



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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 "rivalled 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.

The Book That Launched an International Movement  
"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

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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. 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 Richard Louv's new book, *Our Wild Calling*, is available now.

"An audacious and concrete proposal...Half-Earth completes the 86-year-old Wilson's valedictory trilogy on the human animal and our place on the planet."  
—Jedediah Purdy, *New Republic* In his most urgent

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Book to date, Pulitzer Prize-winning author and world-renowned biologist Edward O. Wilson states that in order to stave off the mass extinction of species, including our own, we must move swiftly to preserve the biodiversity of our planet. In this "visionary blueprint for saving the planet" (Stephen Greenblatt), *Half-Earth* argues that the situation facing us is too large to be solved piecemeal and proposes a solution commensurate with the magnitude of the problem: dedicate fully half the surface of the Earth to nature. Identifying actual regions of the planet that can still be reclaimed—such as the California redwood forest, the Amazon River basin, and grasslands of the Serengeti, among others—Wilson puts aside the prevailing pessimism of our times and "speaks with a humane eloquence which calls to us all" (Oliver Sacks).

"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

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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.

'A hymn of love to the world ... A journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise' Elizabeth Gilbert, author of *Eat, Pray, Love* As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two ways of knowledge together. Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings - asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass - offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest

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of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

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