

# VITAMIN N RICHARD LOUV

READ BY BARRY ABRAMS

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

*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.

**Richard Louv**, recipient of the 2008 Audubon Medal, is the author of several books, including *Last Child in the Woods* and *The Nature Principle*. The chairman of the Children & Nature Network, he is also honorary cochair of the National Forum on Children and Nature.

**Barry Abrams** has narrated and produced audiobooks for a variety of publishers. Since 2012, he has hosted and produced ESPN's *In the Gate* podcast. Based in Danbury, Connecticut, Barry engineers and calls live webcasts of his son's ice hockey games.



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Running Time: 8 Hours • Unabridged

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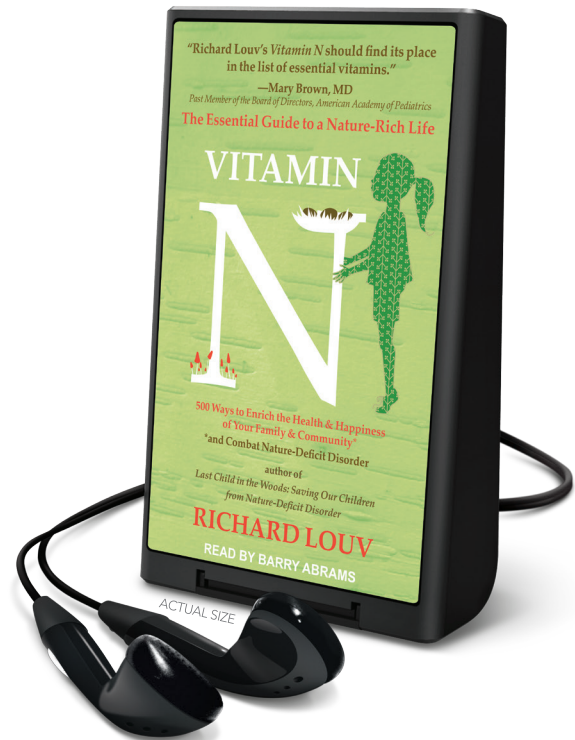


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