



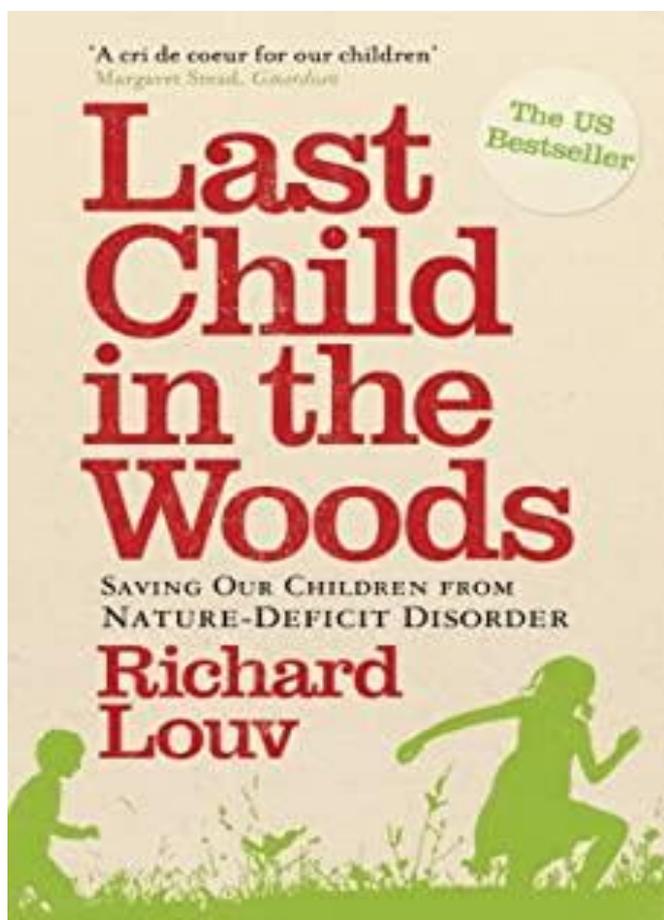
## Suntrap Book Review

### Last Child in the Woods

Written by Richard Louv

Published by Atlantic Books £11.99 (p/b)

**Age range:** Adult



### Description

"I like to play indoors better 'cause that's where all the electrical outlets are," reports a child. Never before in history have children been so plugged in-and so out of touch with the natural world.

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 rises in obesity 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.

There are solutions, though, 'Last child in the Woods' is the first book to bring together cutting-edge research showing that direct exposure to nature is essential for healthy childhood development-physical, emotional, and spiritual.

### Reviews

'A single sentence explains why Louv's book is so important: 'our children', he writes, 'are the first generation to be raised without meaningful contact with the natural world.' This matters, and Last Child in the Woods makes it patently clear why and lays out a path back.' --Ecologist

'Nature is as important to children as food and sleep... Much like outdoor play itself, Last Child in the Woods actively engages... What Louv certainly persuades of is that in nature a child finds freedom... and genuine creativity...' --Rosie Boycott, Literary Review

'This is a hugely important book that should be read by every parent, teacher and politician... It's message is about connection to nature... This restatement of a truth we all know, deep inside, has never been more timely.' --Tim Smit, Chief Executive of The Eden Project –

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 simple ways to heal the broken bond – and many are right in our own backyard.