
1. What is the central idea discussed in the book? What issues or ideas does the author explore? Are they personal, sociological, global, political, economic, spiritual, medical, or scientific?

2. Do the issues affect your life? How so—directly, on a daily basis, or more generally? Now or sometime in the future?

3. What evidence does the author use to support the book's ideas? Is the evidence convincing...definitive or...speculative? Does the author depend on personal opinion, observation, and assessment? Or is the evidence factual—based on science, statistics, historical documents, or quotations from (credible) experts?

4. What kind of language does the author use? Is it objective and dispassionate? Or passionate and earnest? Is it polemical, inflammatory, sarcastic? Does the language help or undercut the author's premise?

5. What are the implications for the future? Are there long- or short-term consequences to the issues raised in the book? Are they positive or negative...affirming or frightening?

6. What solutions does the author propose? Who would implement those solutions? How probable is success?

7. How controversial are the issues raised in the book? Who is aligned on which sides of the issues? Where do you fall in that line-up?

8. Talk about specific passages that struck you as significant—or interesting, profound, amusing, illuminating, disturbing, sad...? What was memorable?

9. What have you learned after reading this book? Has it broadened your perspective about a difficult issue—personal or societal? Has it introduced you to a culture in another country...or an ethnic or regional culture in your own country?

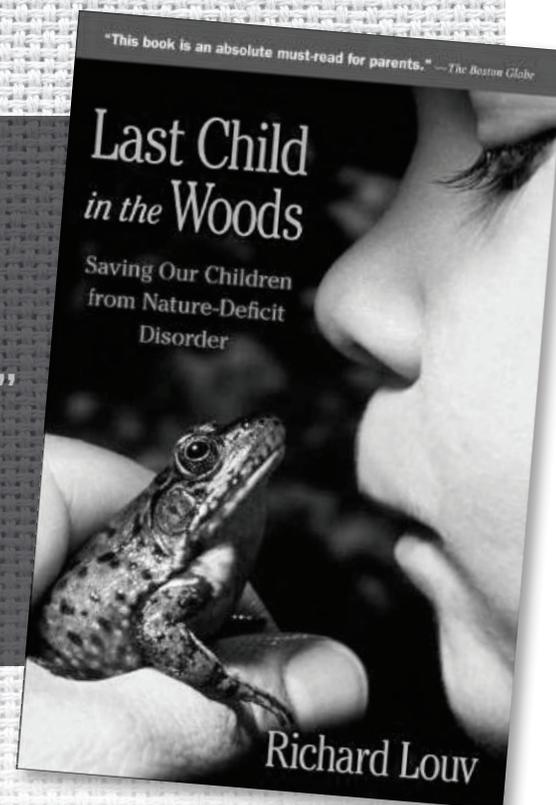
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Book Club in a Bag

Discussion Questions

“A call to action, full of warnings—but also full of ideas for change”
- RichardLouv.com



Kalamazoo
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Richard Louv is a journalist and author of eight books about the connections between family, nature and community. His newest book is *The Nature Principle: Human Restoration and the End of Nature-Deficit Disorder* (Algonquin), which offers a new vision of the future, in which our lives are as immersed in nature as they are in technology. This future, available to all of us right now, offers better psychological, physical and spiritual health for people of every age.

Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder (Algonquin), translated into

10 languages and published in 15 countries, has stimulated an international conversation about the relationship between children and nature. Louv is also the founding chairman of the Children & Nature Network at www.childrenandnature.org, an organization helping build the movement to connect today's children and future generations to the natural world. Louv coined the term Nature-Deficit Disorder™ which has become the defining phrase of this important issue.

He is married to Kathy Frederick Louv and the father of two young men, Jason, 29 and Matthew, 23. He would rather fish than write.

Book Summary

In this influential work about the staggering divide between children and the outdoors, 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 the rises in obesity, attention disorders, and depression.

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.

This new edition reflects the enormous changes that have taken place since the book was originally published. It includes:

- 100 actions you can take to create change in your community, school, and family.
- 35 discussion points to inspire people of all ages to talk about the importance of nature in their lives.
- A new progress report by the author about the growing Leave No Child Inside movement.
- New and updated research confirming that direct exposure to nature is essential for the physical and emotional health of children and adults.

Last Child in the Woods: Saving our Children from Nature Deficit Disorder has spurred a national dialogue among educators, health professionals, parents, developers and conservationists. This is a book that will change the way you think about your future and the future of your children.