

FIFTEEN MINUTES OUTSIDE COHEN REBECCA P%0A

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"Rebecca P. Cohen reminds us that we can be ourselves with our kids and grow closer as a family starting with Fifteen Minutes Outside every day. This is a must read book for people who want to bring more joy, connection, and fun into their family."

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But even we run out of things to keep us outside and that is why I really have enjoyed reading a new book that was lent to us. 15 Minutes Outside : 365 ways to get out of the house and connect with your kids by Rebecca P. Cohen is a wonderful book packed with ideas to get you and your kids outside and moving no matter the weather. Rebecca shares her story of how she got the idea to get her Fifteen Minutes Outside: 365 Ways to Get Out of the House ...

"Rebecca P. Cohen reminds us that we can be ourselves with our kids and grow closer as a family starting with Fifteen Minutes Outside every day. This is a must read book for people who want to bring more joy, connection, and fun into their family."

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Rebecca P. Cohen is a gardening and outdoor lifestyle expert whose mission is to inspire people to get off the couch and discover how simple it can be to incorporate an active, outdoor lifestyle into a busy schedule.

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[Rebecca P. Cohen \(Author of Fifteen Minutes Outside\)](#)
Rebecca P. Cohen is the author of Fifteen Minutes Outside (3.67 avg rating, 418 ratings, 72 reviews, published 2011), Pj's Backyard Adventures (5.00 avg

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[Fifteen Minutes Outside: 365 Ways To Get Out of the House and Reconnect With Your Kids Amazon.com](#)
Rating: It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound.

[Fifteen Minutes Outside by Rebecca P Cohen \(ebook\)](#)
What if you got outside every day, and what if you could

get your kids to come along? It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound. This inspiring collection of activities gives families an idea for every day of the year.