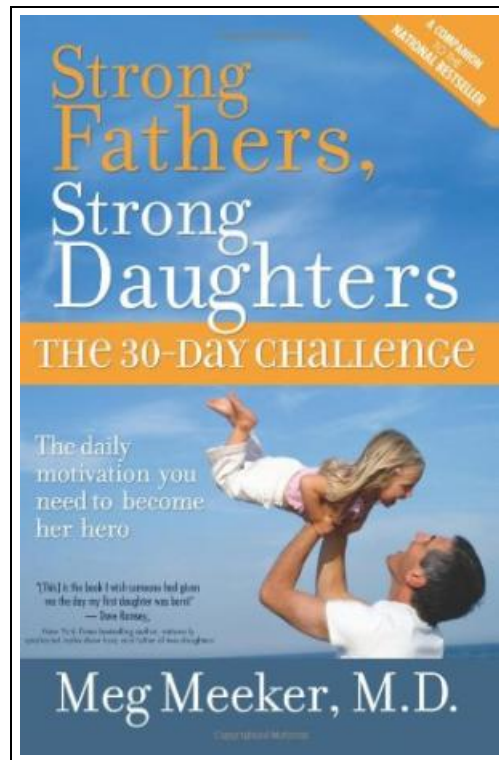


Strong Fathers, Strong Daughters



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STRONG FATHERS, STRONG DAUGHTERS



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a Group. Paperback. Condition: New. 168 pages. Dimensions: 7.8in. x 5.0in. x 0.6in. Dr. Meg Meeker issues fathers thirty days of challenges to help strengthen their relationships with their daughters. **Strong Fathers, Strong Daughters: The 30-Day Challenge** is the highly anticipated follow-up companion to the national bestseller, **Strong Fathers, Strong Daughters** by Dr. Meg Meeker. The 30-Day Challenge takes readers through thirty practical father-daughter activities, meant to strengthen dads in their parenting roles, while also creating honest and thriving relationships. With twenty-five years experience as a pediatrician, Dr. Meeker combines her expertise and wisdom with warmth and humor to make this the perfect guide for dads to take the **Strong Fathers, Strong Daughters** experience to the next level. The 30-Day Challenge offers practical suggestions for dads to spend uninterrupted, scheduled time with their daughters, including: Taking her on a date, dancing, or into nature Taking her to work or teaching her to handle money responsibly Doing an art project or planting a garden together Treating her mother well Reflection questions help readers examine where they are as a dad right now and where they would like to be this time next year. Checklists with important reminders help the reader commit to following through and adequately preparing for the challenges. Challenges can be adapted from the simple to the involved, depending on time availability, comfort levels, and the daughters age. Unlike other parenting how-to books, **The 30-Day Challenge** becomes a cherished handbook as dads and their girls evolve in their father and daughter roles. **The 30-Day Challenge** will equip dads to answer the call to become engaged and intentional fathers. Both my girls were practically grown and gone the first time I discovered Meg Meeker's **Strong Fathers, Strong Daughters**, but it still had a huge impact on how I talk to...



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