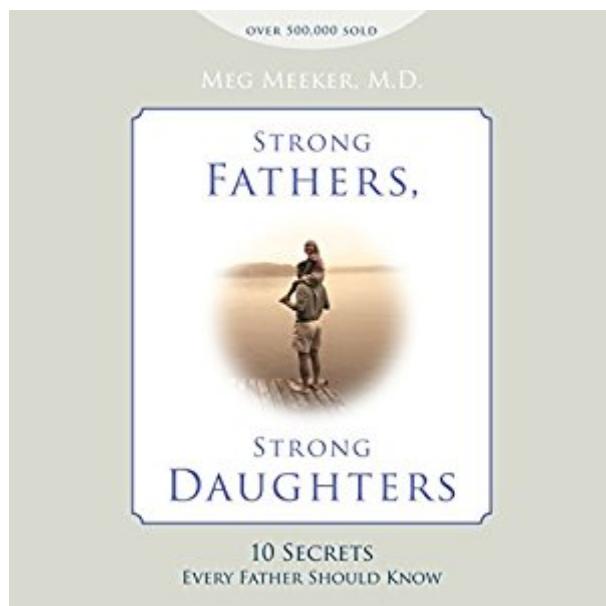


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# Strong Fathers, Strong Daughters



## Synopsis

Drawing on her 30 years' experience practicing pediatric and adolescent medicine, teen health expert Dr. Meg Meeker explains why an active father figure is maybe the single most important factor in a young woman's development. In this invaluable guide, Meeker shows how a father can be both counsel and protector for his daughter as she grows into a spiritually and mentally strong young woman. From cradling his newborn to walking her down the aisle, a father must relish his paramount responsibility - guiding the course of his daughter's life. Meeker reveals: How a man can become a strong father How a father's guidance influences every part of a woman's life, from her self-respect to her perspective on drugs, alcohol, and sex How to lay down ground rules that are respected without creating distance in your relationship with your daughter Why you need to be your daughter's hero The mistakes most fathers make and their serious consequences How to help daughters make their own good decisions and avoid disastrous mistakes How a father's faith will influence his daughter's spiritual development How to get through to your daughter, even during her toughest don't-talk-to-me years True stories of daughters who were on the wrong path - and how their fathers helped to bring them back Learn how to grow, strengthen, or rebuild your relationship with your daughter to better both your life and hers in the best-selling *Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know*.

## Book Information

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## Customer Reviews

The more you know; the more you know you don't know. This is a powerful book for fathers who are

already great Dads... It will validate who you are and encourage you to keep doing what you are doing. It will help forge your mind around your absolute responsibilities as the father of a girl and young lady. It will remind you that baby girls, young ladies, and women have only ONE Daddy. I have read other father/daughter books, including Dr. Leman's book (which I also recommend in another review). Like all advice, one must temper the input from outside sources. Dr. Leman and Dr. Meeker's books, however, are treasures that you can simply gorge yourself on... without regard to having to sift the psychobabble and tenuous opinions with little research and/or validity. Dr. Meeker's book, in particular, is superlative from the standpoint of a no-holds barred, in-your-face reality check of the awesome responsibilities associated with being your daughter's Daddy. Whereas Dr. Leman's book was more of a semi-autobiographical and quasi-emotional journey of the Daddy-daughter relationship, Dr. Meeker's book is much more robust, profound, and, in some cases, quantitatively advanced. Best of all, though, Dr. Meeker is a daughter; a former girl; a woman; and a doctor. She has lived the life of a Daddy's girl (not the spoiled type - but, rather, the type who can look back upon her youthful Daddy interactions with fond appreciation). She has also lived the life of a doctor who has talked with, counseled, and commiserated with many, many girls and young ladies... THIS is an insight worth a King's ransom. This book is very, very special. If you want to understand the touchy-feely side of how a Daddy affects his daughter's life, buy Dr. Leman's book.

I was dumbfounded when I read (the few) negative reviews of this book. It's unbelievable what some people will delude themselves into believing when the truth doesn't fit their agenda. If you're the kind of parent that thinks it's ok to let your 15 year old daughter's boyfriend spend the night with her in her room in your house "because it's safer and at least you know where they are", this book IS NOT for you. You have already made your (and her) bed and you will both have to lie in it and live with the consequences for the rest of your lives. However, if you cherish and value your daughter's innocence, positive attitude (that they are \*all\* born with until the world crushes it from them), love of life and bright, happy, healthy smile, this book IS for you. If you want her to grow up emotionally healthy and able to face the pressures that our parents never knew and therefore didn't know how to equip \*us\* to deal with, read this book, it will tell you how. This book will give mothers and fathers alike a crystal clear understanding of the emotional consequences (forget the medical consequences) of having sex too early and with too many partners and how to help your daughter stave off pressure. You can ignore and deny the consequences but that will not change the feelings of worthlessness and yes, downright depression, that your daughter will feel if you, her parents, do not protect her from the onslaught that is our sexually charged society made up of hormonal teen

(and pre-teen) boys who believe it is their right to take your daughter's innocence and your daughter's female friends that will tease her and call her a prude and a geek if she doesn't "give it up" to the guy she's been "dating" for a month.

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