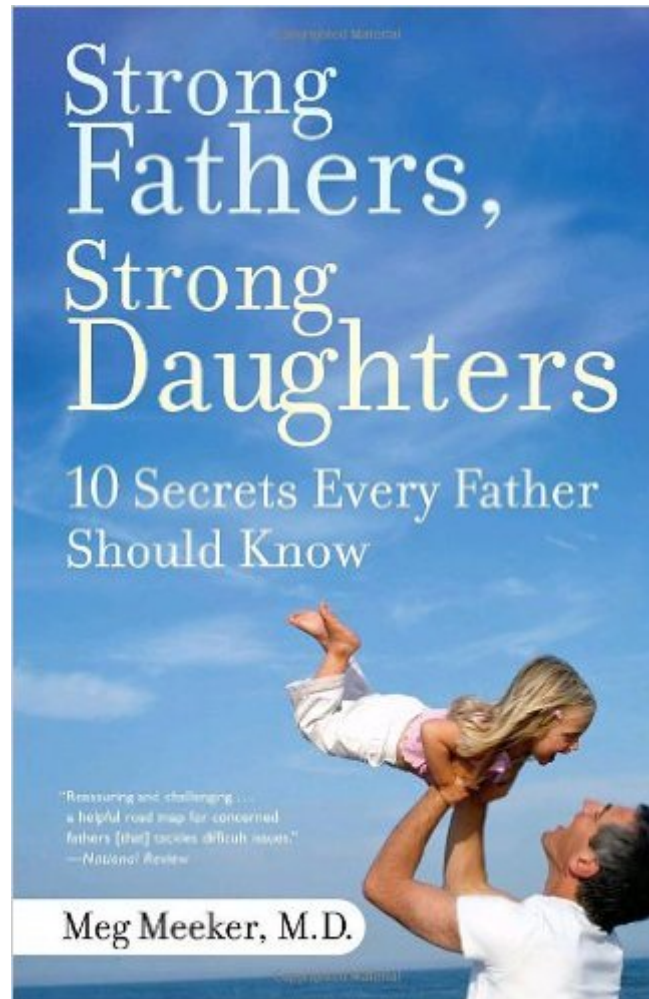


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# Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know



## Synopsis

In today's increasingly complicated world, it's often difficult for parents to connect with their daughters—and especially so for fathers. In this unique and invaluable guide, Dr. Meg Meeker, a pediatrician with more than twenty years' experience counseling girls, reveals that a young woman's relationship with her father is far more important than we've ever realized. To become a strong, confident woman, a daughter needs her father's attention, protection, courage, and wisdom. Dr. Meeker shares the ten secrets every father needs to know in order to strengthen or rebuild bonds with his daughter and shape her life—and his own—for the better. Inside you'll discover:

- the essential virtues of strong fathers—and how to develop them
- the cues daughters take from their dads on everything from self-respect to drugs, alcohol, and sex
- the truth about ground rules (girls do want them, despite their protests)
- the importance of becoming a hero to your daughter
- the biggest mistake a dad can make—and the ramifications
- the fact that girls actually depend on their dad's guidance into adulthood
- steps fathers can follow to help daughters avoid disastrous decisions and mistakes
- ways in which a father's faith—or lack thereof—will influence his daughter
- essential communication strategies for different stages of a girl's life
- true stories of prodigal daughters—and how their fathers helped to bring them back

Dads, you are far more powerful than you think—and if you follow Dr. Meeker's advice, the rewards will be unmatched. Reassuring and challenging . . . a helpful road map for concerned fathers [that] tackles difficult issues. "National Review" A touching, illuminating book that will prove valuable to all of us who are fortunate enough to have been blessed with daughters. "Michael Medved, nationally syndicated radio talk-show host, author of Right Turns" Dr. Meeker's conclusions are timely, relevant, and often deeply moving. No one interested in what girls experience growing up in our culture today—and the impact that parents, especially fathers, have on the experience—can afford to miss reading this book. "Armand M. Nicholi, Jr., M.D., professor of psychiatry, Harvard Medical School

## 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 case, 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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