



# Strong Fathers, Strong Daughters: The 30-Day Challenge

*Meg Meeker*

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## Strong Fathers, Strong Daughters: The 30-Day Challenge Meg Meeker

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 daughter's 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 and relate with them. *Strong Fathers, Strong Daughters: The 30-Day Challenge* is the book I wish someone had given me the day my first daughter was born!"

-**Dave Ramsey**, *New York Times* bestselling author, nationally syndicated radio show host, and father of two daughters

"Meg Meeker radically changed the way I look at parenting and fatherhood. There is joy, wisdom, and truth in everything she writes, and I will be the first in line to buy each new book she shares with the world."

-**Jon Acuff**, *Wall Street Journal* bestselling author of *Quitter: Closing the Gap Between Your Day Job & Your Dream Job* and father of two daughters

"Raising four daughters while playing professional football was very demanding. Dr. Meeker is oh-so-accurate when she points out just how observant and impressionable young girls can be! Her work always inspires me to do a better job, and *The 30-Day Challenge* is filled with lots of good ideas. Thanks, Meg!"

-**Chris Godfrey**, father of six, member of New York Giants Super Bowl XXI Championship Team, estate planning attorney and president of Life Athletes

"Dads need help, particularly when it comes to building bonds with their daughters. Dr. Meeker's wise, practical book offers fathers activities they can do today to establish a relationship with their daughters that will extend far into the future. Get this book now and spare your family and your daughter the mistakes that so many men have made in the past."

-**Raymond Arroyo**, *New York Times* bestselling author, Host of EWTN's *The World Over*

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Nowadays reading books are more than want or need but also become a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The information you get based on what kind of publication you read, if you want attract knowledge just go with education books but if you want sense happy read one together with theme for entertaining such as comic or novel. The actual Strong Fathers, Strong Daughters: The 30-Day Challenge is kind of reserve which is giving the reader unstable experience.

#### **Anita Winn:**

Information is provisions for people to get better life, information nowadays can get by anyone at everywhere. The information can be a know-how or any news even restricted. What people must be consider if those information which is within the former life are hard to be find than now's taking seriously which one works to believe or which one the particular resource are convinced. If you have the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All of those possibilities will not happen within you if you take Strong Fathers, Strong Daughters: The 30-Day Challenge as your daily resource information.

#### **James Mendoza:**

Hey guys, do you would like to finds a new book to see? May be the book with the concept Strong Fathers, Strong Daughters: The 30-Day Challenge suitable to you? The actual book was written by famous writer in this era. The particular book untitled Strong Fathers, Strong Daughters: The 30-Day Challenge is the one of several books that will everyone read now. This kind of book was inspired many people in the world. When you read this e-book you will enter the new dimension that you ever know prior to. The author explained their idea in the simple way, therefore all of people can easily to comprehend the core of this book. This book will give you a lots of information about this world now. So that you can see the represented of the world in this particular book.

#### **Kathryn Bowen:**

This Strong Fathers, Strong Daughters: The 30-Day Challenge is brand new way for you who has interest to look for some information because it relief your hunger info. Getting deeper you in it getting knowledge more you know or perhaps you who still having bit of digest in reading this Strong Fathers, Strong Daughters: The 30-Day Challenge can be the light food for you personally because the information inside that book is easy to get by anyone. These books create itself in the form which is reachable by anyone, yes I mean in the e-book form. People who think that in e-book form make them feel sleepy even dizzy this reserve is the answer. So there isn't any in reading a reserve especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss it! Just read this e-book kind for your better

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