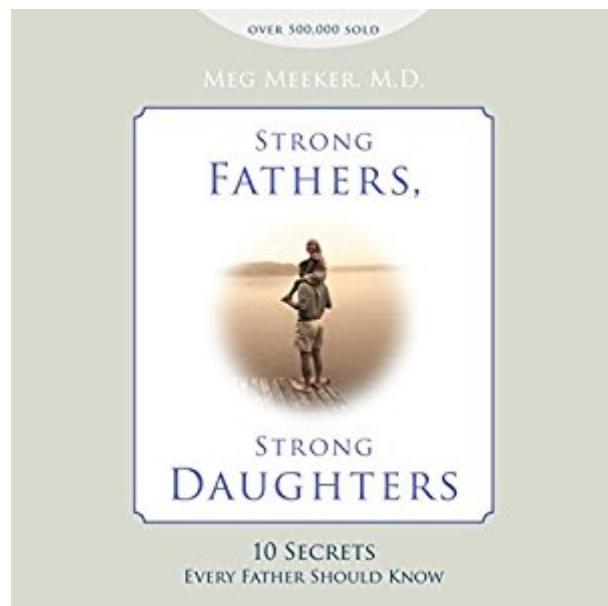


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# Strong Fathers, Strong Daughters



## **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**

As a dad and obviously male, the female mind is a mystery. I think the book gives everyone several

things to think about, and we guide our children through life. I was surprised by the impact the author believes that dads have on their daughters, especially during the teenage years. I asked my wife to read the book to let me know her thoughts, especially since her father has had a very positive influence on her life. Regardless, the book pushed me to start reflecting more to ensure that I am guiding my daughter to be a strong and independent woman.

This book provides advice for fathers on many fronts, such as, strengthening the bond between you and your daughter, discipline, listening, perseverance, patience, and many others. One of the things that I most enjoyed about this book is that Dr. Meeker provides MANY examples and stories of challenges that fathers and daughters have faced, and how they overcame their obstacles. Short background on me - two daughters, 6 and 8. All of my siblings are males, and all of my cousins growing up were males. So sometimes, although I give great effort, I find it daunting to relate and connect with my daughters. People I recommend this book to:-All fathers have something to gain from this book. What I liked about it:-The many true stories that she used to back up her advice and to provide insight into your relationship with your daughter.-That her advice was supported by research that she cited.-That she gives wide a variety of examples that cover everything from teenagers that run away from home, girls that have sex, that use drugs, that suffer loss, that have eating disorders, that are stuck on their phones, that pull away from their families - I could go on and on.-That she laid out a plan to connect with, and provide structure for your daughter. What I didn't like (I'm having to try to find things to be critical about here):-Being objective, you can tell based off of what she writes that she herself had a very strong relationship with her father. Depending on your perspective you could make the assumption that she's projecting her relationship with her father on everyone else. If you're cynical about it.-That in some parts of the book she was running solely on opinion (a small fraction of the book). I enjoyed her opinions but others may want hard facts. Summary: Although many of the things suggested in this book I was already doing, it has undoubtedly changed the way that I approach my relationship with my daughters. It has given me insight into my daughters that I didn't previously have. I recommend this book to all fathers who have a daughter, and I feel that if you all were to apply the principles Dr. Meeker lays out in this book that we'd have much better behaved, and certainly more well adjusted daughters out and about in the world.

As the father of a 17 year old daughter, this book was a fantastic read reinforcing all the quality love and support a dad provides his daughter. A well written book that's a must read for any dad who

loves and cherishes his relationship with his daughter!

I've read parts of this book, curious. I encourage all Dads and single moms to read this if you have daughters. I missed out on having a dad to look up to, I may have found myself much easier and earlier - not always having to learn the hard way. As a mom I talk to my daughter about issues with life, relationships but for her to watch her dad being involved in good ones is really important, and for her to feel accepted as she is for her own self. Great book.

EVERY MAN and certainly EVERY FATHER should read this book. From a women's perspective it is incredible to learn more about how girls things, especially daughters and how you can be not only a stronger father, but also a stronger husband and man. Learn how to deal with difficult situations and how girls handle things differently than guys. Learn how to interact and be with your daughters as not only their Father's but their example of what a man and leader is and should be. Meg Meeker was recommended by Dave Ramsey and I not only learned life long value from this but also have given it out to many people as gifts since reading it. Whether you have a strong godly family that is stable and sure or you are going through divorce or your wife passed away... whatever the situation, she covers them all in here and you'll find not only yourself but ways to help and minister more effectively to others. I can't recommend this book enough! It's worth your time and money time and time again. Praying for all the Fathers and Daughters out there!!

This book is excellent. Highly recommended for every father of a daughter. Is filled with not only information but also wisdom based on both personal and professional experience (author is an M.D.). Please read this book and pass it along to other dads. It could make such a difference in your daughter's life and future happiness.

I have read this book twice I left a review on the devotional. a must book for new fathers. I bought this book for a gift to my brothers they both have girls. Read the book take what you want from the book. The author is a Dr. That deals with troubled girls. DO what's best for your girls.

Fathers have a powerful impact on their daughters but few men understand this complex creature. Men, read this book and apply its insight. You will reap a harvest of a cherished relationship and provide a platform for success for your daughter. Wives, buy this book for your man and hold him at gunpoint if necessary until he reads it. You won't be sorry.

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