



# 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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#### **Tyrone Smith:**

Have you spare time for any day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the particular Mall. How about open or maybe read a book entitled Strong Fathers, Strong Daughters: The 30-Day Challenge? Maybe it is being best activity for you. You realize beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have different opinion?

#### **Sara Matthews:**

The event that you get from Strong Fathers, Strong Daughters: The 30-Day Challenge is a more deep you excavating the information that hide in the words the more you get interested in reading it. It doesn't mean that this book is hard to comprehend but Strong Fathers, Strong Daughters: The 30-Day Challenge giving you buzz feeling of reading. The article author conveys their point in selected way that can be understood by anyone who read that because the author of this reserve is well-known enough. This specific book also makes your own vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this specific Strong Fathers, Strong Daughters: The 30-Day Challenge instantly.

#### **Albert Lightner:**

This Strong Fathers, Strong Daughters: The 30-Day Challenge are generally reliable for you who want to become a successful person, why. The main reason of this Strong Fathers, Strong Daughters: The 30-Day Challenge can be among the great books you must have will be giving you more than just simple studying food but feed you with information that probably will shock your prior knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions in e-book and printed types. Beside that this Strong Fathers, Strong Daughters: The 30-Day Challenge giving you an enormous of experience for instance rich vocabulary, giving you test of critical thinking that could it useful in your day activity. So , let's have it and enjoy reading.

#### **Dennis Sellers:**

The reason why? Because this Strong Fathers, Strong Daughters: The 30-Day Challenge is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book adjacent to it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking way. So , still want to hesitate having that book? If I ended up you I will go to the

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