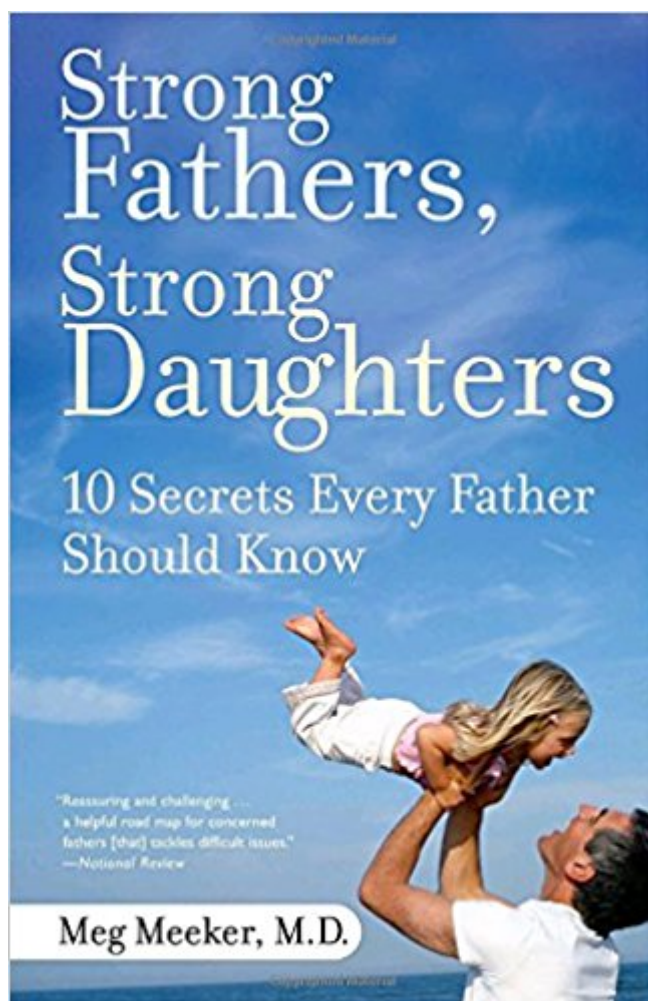


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# Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know



## 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 dads' 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

Paperback: 288 pages

Publisher: Ballantine Books; 4620 edition (August 28, 2007)

Language: English

ISBN-10: 0345499395

ISBN-13: 978-0345499394

Product Dimensions: 5.1 x 0.6 x 7.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 1,079 customer reviews

Best Sellers Rank: #3,562 in Books (See Top 100 in Books) #5 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#) #7 in [Books > Christian Books & Bibles > Christian Living > Family](#) #7 in [Books > Parenting & Relationships > Family Relationships > Fatherhood](#)

## Customer Reviews

The most important person in a young girl's life? Her father. Teen health expert Dr. Meg Meeker has the data and clinical experience to prove it. After more than twenty years of counseling girls, she knows that fathers, more than anyone else, set the course for their daughters' lives. Now Dr. Meeker, author of the critically acclaimed *Epidemic: How Teen Sex Is Killing Our Kids*, shows you how to strengthen--or rebuild--your bond with your daughter, and how to use it to shape her life, and yours, for the better. Directly challenging the feminist attack on traditional masculinity, Dr. Meeker demonstrates that the most important factor for girls growing up into confident, well-adjusted women is a strong father with conservative values. To have one, she shows, is the best protection against eating disorders, failure in school, STDs, unwed pregnancy, and drug or alcohol abuse; and the best predictor of academic achievement, successful marriage, and a satisfying emotional life. *Strong Fathers, Strong Daughters* reveals: The essential characteristics and virtues of strong fathers; and how to develop them. How daughters take cues from their fathers on everything from drug use, drinking, smoking, and having sex, to self-esteem, moodiness, and seeking attention from boys. Why girls want you to place restrictions on them (even though they'll complain when you do). How to become a hero to your daughter; and why she needs that more than anything. The one mistake fathers make that is the primary cause of girls "hooking up." Why girls depend on the guidance of fathers through, and even beyond, their college years. Recipe for disaster: the notion that girls "need to make their own decisions and mistakes." Why girls need God; and how your faith, or lack thereof, will influence her. How to communicate with your daughter; and how not to. True stories of "prodigal daughters"; and how their fathers helped bring them back. Dads, you are far more powerful than you think you are. Your daughters need the support that only fathers can provide; and if you are willing to follow Dr.

Meeker's advice on how to guide your daughter, to stand between her and a toxic culture, your rewards will be unmatched. --This text refers to the Hardcover edition.

Meg Meeker, M.D., is the bestselling author of *The 10 Habits of Happy Mothers; Strong Fathers, Strong Daughters; and Boys Should Be Boys*. She has been a physician practicing pediatric and adolescent medicine, working with children and their parents, for more than thirty years. Dr. Meeker is the mother of four children and lives with her husband in northern Michigan.

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 too, I may have found my self 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 then 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 form the book. The author is a Dr. That deals with troubled girls. DO whats 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 it's 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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