



Strong Fathers, Strong Daughters: The 30-Day Challenge

Meg Meeker

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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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Richard Ma:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled Strong Fathers, Strong Daughters: The 30-Day Challenge can be very good book to read. May be it can be best activity to you.

Mason Childress:

In this age globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The particular book that recommended to your account is Strong Fathers, Strong Daughters: The 30-Day Challenge this reserve consist a lot of the information on the condition of this world now. This particular book was represented how do the world has grown up. The dialect styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. That is why this book ideal all of you.

James Rutledge:

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