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# Hero: Being The Strong Father Your Children Need



## Synopsis

"Your go-to gift for new fathers." — Dave Ramsey, New York Times bestselling author, motivational speaker, and radio host  
Whether you know it or not, if you're a dad, you're a hero — that's the message of bestselling author and pediatrician Meg Meeker. Even if you're struggling with all the demands of fatherhood, let Dr. Meeker reassure you: every man has it within him to be the hero father his children need. With simple step-by-step instructions and drawing on long experience — including her work with the NFL's Fatherhood Initiative — Dr. Meeker shows you how to be the father you want to be and your children need you to be. Discover why fathers are even more important to their children than their mothers are; why your children want you to be their hero — even if their relationship with you has been strained or distant; and secrets that can help divorced dads, widowed dads, and stepfathers maintain — or rebuild — a strong relationship with their children. As Dr. Meeker writes, "If you want what is best for your children — if you want what is best for you — you should strive to be a hero father. In this book, I hope to show you how."

## Book Information

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## Customer Reviews

"Whether I'm working toward winning a Super Bowl or parenting my children, I need a game plan. Hero lays out that plan. Nothing matters more to me than raising children who grow up to be strong, loving adults that know, love, and serve God. Thank you, Meg, for writing such an encouraging and inspiring book for fathers like me!" — PHILIP RIVERS, Los Angeles Chargers quarterback  
"If you are a dad, you MUST read this book. If you want to bless your own dad, you need to give him this

book. Dr. Meg Meeker's message to fathers is simply incredible. Period." â "LES PARROTT, PH.D., #1 New York Times bestselling author of Saving Your Marriage Before It Starts "Superman is good. Captain America is great. YOU, on the other hand, have been designed with powers beyond those of ordinary men. With purpose and wisdom flowing through your veins, only YOU can save your children from the pitfalls that await! YOU are the hero they long for. You are the hero they will remember. Let this book be your guide, my friend. Go...while there's still time! You have only one chance..." â "ANDY ANDREWS, New York Times bestselling author of The Traveler's Gift and The Noticer "For many men, the critically important role of 'father' often takes a back seat to the responsibilities of being a husband, provider, or leader. And sadly, it's their kids who pay the price. With wisdom and sensitivity, Dr. Meg Meeker offers a powerful reminder that 'dad' is the most important title a man will ever hold." â "JIM DALY, president of Focus on the Family

MEG MEEKER, M.D., has spent over thirty years practicing pediatric and adolescent medicine and counseling teens and parents. Dr. Meeker is a fellow of the American Academy of Pediatrics and serves on the Advisory Board of the Medical Institute. A popular speaker and bestselling author, she works with the NFL Fatherhood Initiative and is a co-host of Dr. James Dobson's program Family Talk. Dr. Meeker lives and works in northern Michigan, where she shares a medical practice with her husband, Walter. They have four children.

I have given this book to all the men I know and love who have daughters. Not one has said they didn't appreciate the gift and all the things they learned and didn't know.

Would recommend!

Great book

Great value....half of retail....brand new book...

Recommended for any father looking for his purpose and role in his children's lives. A powerful description of the crucial role a father plays in every child's life, and the important message of perseverance! Never give up on your kids!

Great book. Thank You Dr.Meg

Great book to affirm what you are already doing or encourage you to do more to be a great father to your son or daughter.

Just as expected

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