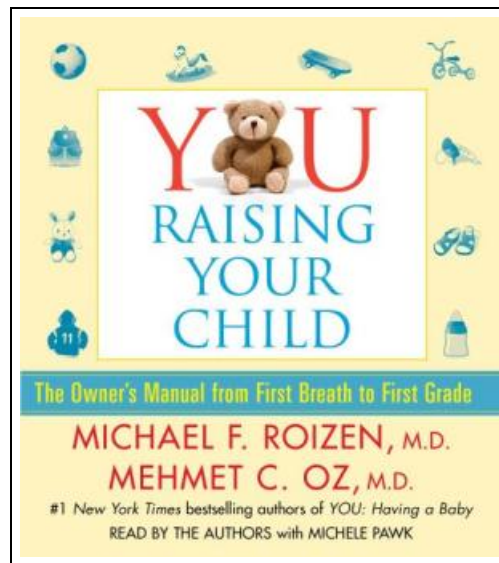


## You: Raising Your Child: The Owner s Manual from First Breath to First Grade



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SIMON SCHUSTER AUDIO, United States, 2010. CD-Audio. Book Condition: New. abridged edition. 152 x 132 mm. Language: English . Brand New. There s little doubt that parenting can be one of the most rewarding and satisfying experiences you ll ever have. But it can be plenty tough, too: Around the clock, you re working to keep your little one healthy, teach her the difference between right and wrong, and make sure none of her little fingers find their way to the electrical outlets, the dog s nose, or grandpop s cup of coffee. In **YOU: Raising Your Child**, Drs. Mehmet Oz and Michael Roizen, the New York Times #1 bestselling authors of the **YOU** health series, help you navigate the often tricky journey of parenting with the ultimate guide to raising a happy, healthy child. Dr. Mehmet Oz host of television s **The Dr. Oz Show** and Dr. Michael Roizen chief wellness officer and chair of the Wellness Institute of the Cleveland Clinic have sold millions of books informing readers about healthy dieting, aging, and overall health. Picking up where their prior book, **YOU: Having a Baby**, left off, the docs provide oh-wow information and insider advice to help parents understand the biology and psychology of raising a child from birth to school age. With humor and cutting-edge biological insights, the authors address everything from troubleshooting infant health issues to creating an environment that supports the emotional and intellectual development of your growing child. They talk about the various approaches to parenting are you a Marshmallow Mommy or an Iron Maiden, passive or hyperinvolved? The docs help you identify your style of parenting, encouraging passive parents to create clear boundaries and hypervigilant ones to step back more often and let their kids develop. You will learn to become the ideal...



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