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## Save Your Kids.Now!: The Revolutionary Guide to Helping Youth Conquer Today s Challenges (Paperback)

By Douglas Haddad, Douglas Haddad Ph D

iUniverse, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you a parent, educator, coach, mentor, or someone who cares about a child? Are you concerned with the choices your child makes? Do you feel frustrated by a child s behaviors? Do you want to facilitate change, but don t know where to begin? A yes to any of these questions means there s no time to waste. Save Your Kids.Now! is a comprehensive guide that combines research and practical solutions to help youth overcome today s challenges. With an unabashed perspective of the destructive forces youth face in today s society, this book will give you the tools and strategies to point youth toward success. With Dr. Douglas Haddad s practical guidelines, your child can achieve mind, body, and spiritual wellness. How can you best help a child? Dr. Doug provides: Healthy eating strategies for a child. Customized exercise programs to help a young person get into shape. Methods for effective communication with a child. Practical solutions for today s challenges (increased suicide rates, an obesity epidemic, body image issues, and addictive behaviors such as gambling,...



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