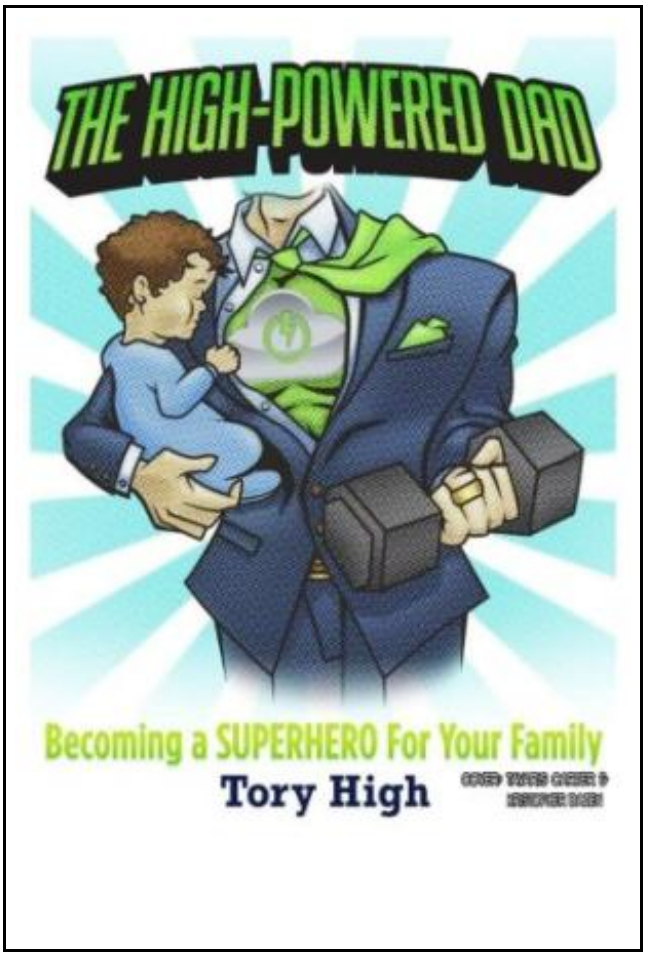
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THE HIGH-POWERED DAD: BECOMING A SUPERHERO FOR YOUR FAMILY (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Tavaris Carter, Christopher Bazen (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Theres never been a better time to be a father! Written specifically for new and expecting fathers, The High-Powered Dad: Becoming A Superhero For Your Family is just what you need to stay motivated to always be at your best. Author Tory High is not only a fitness professional. He is the father of girl/boy twin toddlers. Taking inventory of the feelings associated with new-found fatherhood, Tory brings a wealth of perspective and is able to qualify the experiences that new dads face. Part I talks about the evolving culture of the home once the baby arrives. Part II addresses the inner-identity of the new dad, encouraging ownership and embracing the changes. This includes taking yourself seriously as it relates to your legacy and what youre demonstrating to your children. In Part III, he s designed an 8-week workout that will leave you energized and ready to give your family your best. Follow on Facebook and keep the discussion going! Then hop over to the online store and grab a t-shirt or mug so you can show off your High-Powered Dad status! Be at the forefront of a growing culture of better fatherhood. We can do this together!.

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