



# How to Be a Great Dad: No Matter What Kind of Father You Had

*Keith Zafren*

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## **How to Be a Great Dad: No Matter What Kind of Father You Had** Keith Zafren

“Most men spend very little time pondering the question, Am I doing the right things to become a great dad? This book addresses this most important question in a profound way. It’s filled with personal stories, focused on powerful principles, and is written for real people. We all know how easy it is, biologically, to become a father. What we often don’t realize is that it takes work, dedication, and learned skills to become a dad, especially a great dad.” — From the foreword by Jack Canfield, Co-Creator, #1 New York Times best selling series Chicken Soup for the Soul ® In How to Be a Great Dad, you will learn: • The 15-day Great Dad Challenge that transforms fathers into dads. • Why dads matter way more than you may think. • The lifelong impact fathers have on their children. • The three simple and strategic skills to great dad success that all dads can master. • Why bad or absent dads can land kids in prison. • How to become the father you wish you’d had. • Why “father nurture” is as important as “mother nurture.” • Why saying “I’m proud of you” makes all the difference. • Why “I’ll love you no matter what” means so much to your kids. • Why a hug is not “just a hug” when it comes from Dad. • How to build your kids’ self-esteem. • How to give what you may not have received. • A doable process to overcome hurts or limitations from the past. Neil Chethik, executive director of The Carnegie Center, writes, "Keith Zafren is an inspiring guide on this adventure into the heart of fathering. Read this book. It will make you a better dad, and it may even help you forgive your own father for the mistakes he inevitably made." Neil Chethik Executive Director, The Carnegie Center for Literacy and Learning Author, FatherLoss and VoiceMale "WOW!!! 'Healing a Father Wound' was by far the most impactful and emotional section of any book I have ever read. I can't even describe how deeply this teaching affected me. The feeling of 'choked up' stayed throughout reading the section, and keeps coming back even now. I realized clearly how my own father wound has affected my entire life, and still does to this day. It also made me realize how the healing process is a daily reward to me and my boys, and so worth the effort. My heart was smiling while my eyes filled with tears. Awesome book!" Patrick McMillan Founder, TeachingHappiness.com Author, An Exercise in Happiness for Kids

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