



YOU: Raising Your Child: The Owner's Manual from First Breath to First Grad

Michael F. Roizen, Mehmet Oz

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Picking up where *YOU: Having a Baby* left off, the *New York Times* #1 bestselling authors of the YOU health series present the ultimate parent's guide to raising a happy, healthy child.

Dr. Mehmet Oz—host of television's *The Dr. Oz Show* and a daily Sirius/XM radio program for Oprah Radio—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. Now the Docs provide invaluable advice to help parents understand the biology and psychology of raising a happy, healthy child from birth to school age.

The authors address everything from troubleshooting infant health issues to supporting the emotional and intellectual development of your child. Included are discussions of healthy nutrition, milestones for physical activity, building good habits, taking care of YOU, and how to cope with the biggest ailments and fears parents face today. The book is filled with wisdom and age-specific advice that will help parents manage all kinds of child-rearing questions and issues.

In *YOU: Raising Your Child*, America's most trusted doctors once again come to the rescue with the biology, psychology, and insider wisdom of providing a healthy and enriching environment.

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Richard Ortega:

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Playing with family in a park, coming to see the marine world or hanging out with buddies is thing that usually you might have done when you have spare time, after that why you don't try matter that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love YOU: Raising Your Child: The Owner's Manual from First Breath to First Grad, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

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