



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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