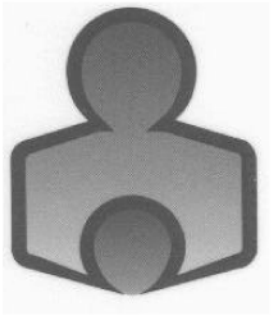
Finally! A self-instructional guide for fathers…

A Nurturing Father's Journal

The Workbook for Strengthening Men's Parenting Skills and Attitudes

By Mark Perlman, MA.

Topics Covered in this Workbook Include:



- The Roots of Fathering
- Nurturing Our Children and Ourselves
- Fathering Sons/Fathering Daughters
- Discipline Without Violence
- Managing Anger/Resolving Conflict
- Teamwork with Spouse/Partner
- Communication/Problem Solving
- Balancing Work and Fathering
- Cultural Influences
- Dealing with Feelings
- The Father I Choose to Be
- And Much More

To Order Your Copy Now: Quantity_____ @ $22.00 _____

+$4.00 for 1st / $2.00 each add'l book – S&H _____

Florida Residents Only + 7% Sales Tax _____

Total _____

To complete your order, you may choose:

- By phone Toll Free: 888-390-1119
- By fax 24 hours: 941-953-9552
- By mail: Center for Growth & Development
  3277 Fruitville Road 1D
  Sarasota, FL 34237

Charge my: ___Visa ___MasterCard

Account #_____Exp. Date_____

Signature _____ Date_____

All orders are shipped via UPS to street addresses – no P.O. Boxes, please. Ship to:

Name_____ Address_____

Agency_____ Email _____

Daytime Phone_____City, State, Zip_____