



Boys Should Be Boys: 7 Secrets to Raising Healthy Sons

By Meg Meeker

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In **Boys Should Be Boys**, one of our most trusted authorities helps parents restore the delights of boyhood and enable today's boys to become the mature, confident, and thoughtful men of tomorrow. Boys will always be boys—rambunctious, adventurous, and curious, climbing trees, building forts, playing tackle football, and pushing their growing bodies to the limit as part of the rite of passage into manhood. But today our sons face an increasingly hostile world that doesn't value the high-spirited, magical nature of boys. In a collective call to let our boys be boys, Dr. Meg Meeker explores the secrets to boyhood, including

- why rules and boundaries are crucial—and why boys feel lost without them
- how the outdoors is still the best playground, offering the sense of adventure that only Mother Nature can provide
- the essential ways to preserve a boy's innocence (and help him grow up)
- the pitfalls moms and dads face when talking to their sons
- why moody and rebellious boys are not normal—and how to address such behavior
- how and when the “big” questions in life should be discussed: why he is here, what his purpose is, and why he is important

Parents are blessed with intuition and heart, but raising sons is a daunting responsibility. This uplifting guide makes the job a little easier.

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Editorial Review

Review

“If you want to raise a boy you’ll be proud of, read **Boys Should Be Boys.**”—Dave Ramsey

“Filled with inspirational vignettes, **Boys Should Be Boys** empowers parents to stay involved and protect their sons’ innocence. It’s a wonderfully written and eye-opening book—a must-read.”—Neil Bernstein, Ph.D., author of *There When He Needs You*

From the Inside Flap

Let Boys Be Boys

Boyhood used to be a time of freedom and fun--of catching bullfrogs, playing tackle football, and roaming the woods--but not anymore. Rambunctious, high-spirited boys--healthy boys--nowadays face an increasingly hostile world that doesn't value the unique gifts of boys, that discounts their masculine virtues, and that undermines what boys need to become mature, confident, and thoughtful men. In *Boys Should Be Boys*, Meg Meeker, pediatrician and author of the critically acclaimed *Strong Fathers, Strong Daughters*, unlocks the secrets of what parents can do to restore some of the magic of boyhood and help their son become the man they want him to be. In *Boys Should Be Boys*, Dr. Meeker reveals:

- * Why the most important factor in shaping your son's behavior isn't "peer pressure" (it's you)
- * How to preserve your son's innocence (and why it's essential to help him grow up)
- * Why boys need less, not more--whether it's computer games, organized sports, or lessons
- * How to talk to your son--the pitfalls that moms and dads face
- * Why it's not normal for teenage boys to be moody and rebellious
- * Why teaching your son about virtue isn't an option, it's a necessity

Full of practical advice and examples from her own medical practice of more than twenty years, Dr. Meg Meeker reminds moms and dads that there is no greater blessing--and no greater responsibility--than raising healthy, strong young men. In *Boys Should Be Boys*, she shows you how.

From the Back Cover

Praise for *Boys Should Be Boys*

"I wore out my yellow marker highlighting the nuggets of wisdom in Meg Meeker's book. Begin with the concluding chapter on 'Ten Tips for Making Sure You Get It Right,' and you'll find yourself immediately thinking about how to put these gems into practice with your own sons (and daughters!). As a father, grandfather, and character educator, I loved this book for all that it teaches us about how much we matter in the lives of our children."

--Dr. Thomas Lickona, author of *Character Matters: How to Help Our Children Develop Good Judgment, Integrity, and Other Essential Virtues*

"Dr. Meg Meeker issues a call to arms for anyone concerned about the character and healthy development of boys. Filled with inspirational vignettes and a stern warning against overexposure to a toxic pop culture, *Boys Should Be Boys* empowers parents to stay involved and protect their sons' innocence. It's a wonderfully

written and eye-opening book--a must read."

--Neil Bernstein, Ph.D., author of *There When He Needs You: How to Be an Available, Involved, and Emotionally Connected Father to Your Son*

"Meg Meeker's new book, *Boys Should Be Boys*, once again demonstrates that the most important element in wisdom is common sense. Dr. Meeker provides insight, information and, ultimately, inspiration."

--Michael Medved, nationally syndicated talk radio host

Users Review

From reader reviews:

Mark Feaster:

This book untitled *Boys Should Be Boys: 7 Secrets to Raising Healthy Sons* to be one of several books that best seller in this year, that is because when you read this book you can get a lot of benefit on it. You will easily to buy this book in the book store or you can order it by using online. The publisher of this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this reserve from your list.

Maria Trussell:

Do you really one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Attempt to pick one book that you just dont know the inside because don't determine book by its handle may doesn't work here is difficult job because you are scared that the inside maybe not since fantastic as in the outside seem likes. Maybe you answer can be *Boys Should Be Boys: 7 Secrets to Raising Healthy Sons* why because the great cover that make you consider about the content will not disappoint you actually. The inside or content is usually fantastic as the outside as well as cover. Your reading sixth sense will directly make suggestions to pick up this book.

Brandon Justice:

Are you kind of occupied person, only have 10 or 15 minute in your day to upgrading your mind proficiency or thinking skill also analytical thinking? Then you are having problem with the book compared to can satisfy your limited time to read it because pretty much everything time you only find publication that need more time to be go through. *Boys Should Be Boys: 7 Secrets to Raising Healthy Sons* can be your answer since it can be read by a person who have those short extra time problems.

Jackie Frost:

The book untitled *Boys Should Be Boys: 7 Secrets to Raising Healthy Sons* contain a lot of information on the item. The writer explains your girlfriend idea with easy technique. The language is very clear and understandable all the people, so do not really worry, you can easy to read that. The book was published by famous author. The author gives you in the new era of literary works. It is easy to read this book because you

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