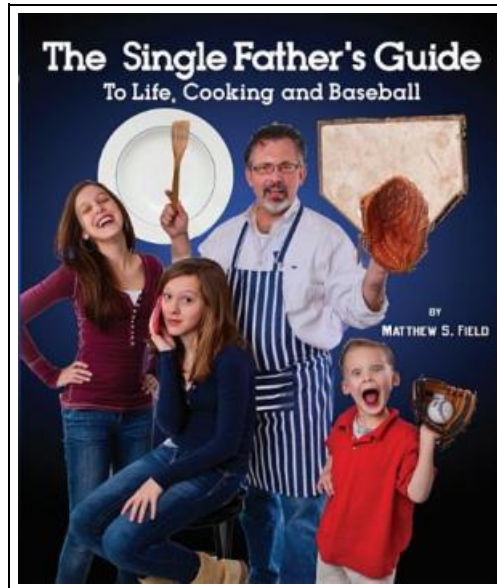


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Arundel Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. If baseball is a metaphor for life, the premise of The Single Father s Guide to Life, Cooking, and Baseball is small improvements in diet and lifestyle made consistently over time will have significant, beneficial results for the health and well-being of the single father and his children. Not only does it provide practical and tasty recipes with full color photograph throughout to promote a healthy lifestyle, but it also provides a set of Single Father s Golden Rules to encourage a happy, fulfilled, and meaningful life for the single dad. For example, Single Father s Golden Rule #3 is, In the face of what could potentially be an overwhelming change to your family, maintain your routines and traditions. Sports quotes and analogies, which appeal to the target audience, effectively reinforce the benefit of the small improvements and support the Single Father s Golden Rules, creating a unique combination of parenting, self-help, and cooking into a recipe for happiness.



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