



## You: Raising Your Child: The Owner's Manual from First Breath to First Grade (Paperback)

By Michael F. Roizen, Mehmet Öz

SIMON SCHUSTER, United States, 2015. Paperback. Book Condition: New. Reprint. 232 x 187 mm. Language: English . Brand New Book. There's little doubt that parenting can be one of the most rewarding and satisfying experiences you'll ever have. But it can be plenty tough, too: Around the clock, you're working to keep your little one healthy, teach her the difference between right and wrong, and make sure none of her little fingers find their way to the electrical outlets, the dog's nose, or grandpa's cup of coffee. In *YOU: Raising Your Child*, Drs. Mehmet Oz and Michael Roizen, the New York Times #1 bestselling authors of the *YOU* health series, help you navigate the often tricky journey of parenting with the ultimate guide to raising a happy, healthy child. Dr. Mehmet Oz--host of television's *The Dr. Oz Show*--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. Picking up where their prior book, *YOU: Having a Baby*, left off, the docs provide oh-wow information and insider advice to help parents understand the biology and...



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