

Break Through the Invisible Barrier
between Your Father and You

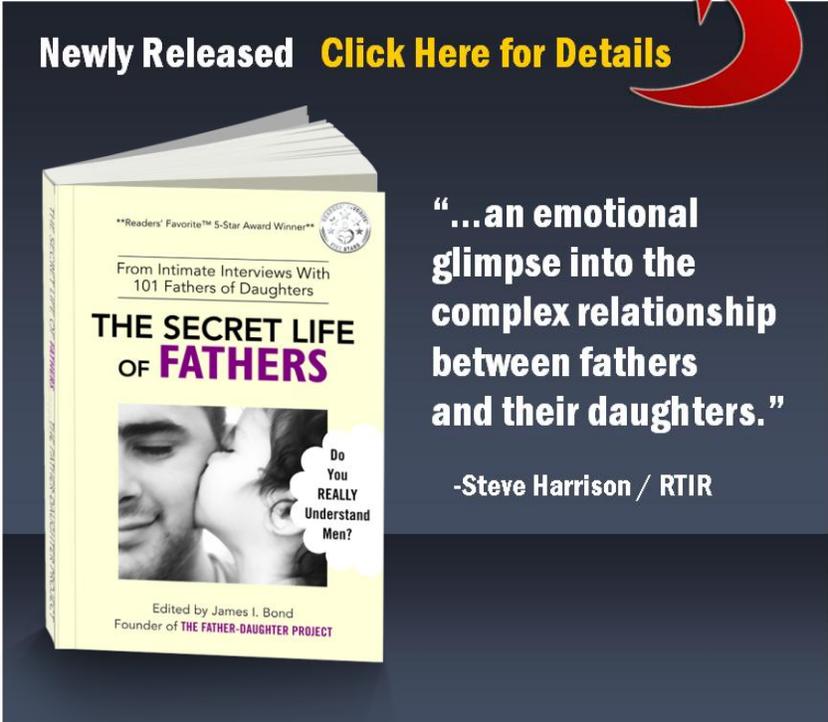
7 **QUESTIONS**
Every Woman
Needs to Ask Her
FATHER

By James I. Bond, Founder
The Father-Daughter Project™

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These seven questions are based on extensive personal interviews we did with 101 fathers of daughters combined with almost eighteen years of research into why people do what they do.

Excerpts from these interviews were published in our highly acclaimed book, "The Secret Life of Fathers," 2nd Edition, available on our website, at www.TheFatherDaughterProject.com.



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****Readers' Favorite™ 5-Star Award Winner****

From Intimate Interviews With
101 Fathers of Daughters

**THE SECRET LIFE
OF FATHERS**

Do You REALLY Understand Men?

Edited by James I. Bond
Founder of THE FATHER-DAUGHTER PROJECT

"...an emotional glimpse into the complex relationship between fathers and their daughters."

-Steve Harrison / RTIR

I challenge you to read this and not start rethinking what your father (and every man you know) is really like.

As featured on:



THE 7 QUESTIONS EVERY WOMAN NEEDS TO ASK HER FATHER

To help you understand your father's heart a little better, and to plant the seeds for a better relationship, here are seven questions every women can ask her father.

These questions were developed because, when it comes to expressing their true feelings, many men (and fathers) will not start the process without a little help.

Sometimes, a questions touches on such a sensitive emotion, it will need setup, to make it easier for your father to answer. For this reason, you will notice the primary question will sometimes include a few setup questions.

QUESTION #1

HOW HAS YOUR FATHER BEEN "AFFECTED" BY YOU?

Ask: If I were never born, what would be different in your life?

Note: Some dads will half-joke that, if you were never born they would have more money. There certainly can be a degree of truth to this, and many dads like to joke as a way of avoiding, particularly when asked a sensitive question.

If he says: "I'd have more money..."

Ask him... Besides having more money, if I had never been born, what would be different in your life?

QUESTION #2

DOES YOUR FATHER UNDERSTAND HOW HE HAS
AFFECTED YOU?

Explain: Did you know that, because you were the first man in my life, your words, actions and support have affected my confidence and ability to be happy and successful in life?

Then Ask: How do you feel your words and actions have affected me?

What if anything, would you want to be different?

QUESTION #3

HOW DOES YOUR FATHER RATE HIMSELF AS A FATHER?

Ask: What makes a great dad and what makes a terrible dad?

On a scale of 1-10, 10 being best, how do you feel you'd rate yourself as a dad? Why?

QUESTION #4

HOW DOES YOUR FATHER COMMUNICATE WITH YOU
(and with women)?

Explain: Men can be really great problem solvers, but are often not that great at just listening, without trying to solve a daughter's every problem.

However, daughters often want to share information without getting her dad to try and solve every problem she has.

Then Ask: Would you be willing sometimes to just listen to my issues without trying to solve my problems?

How could I let you know about those times when I just want you to listen, and maybe to support me without trying to solve something?

QUESTION #5

HOW DOES YOUR FATHER EXPRESS HIS LOVE?

Ask: A dog knows you love him because you walk him, you hug him, and you give him treats. How do I know you love me?

(He may respond, I walk you, hug you and give you treats...)

Then ask: What are some of the ways you show me how you really feel about me?

QUESTION #6

WHAT OBSTACLES PREVENT THE TWO OF YOU FROM HAVING A BETTER RELATIONSHIP?

Ask: What are some of the things in your life (or mine) that prevent our relationship from being even better? (job, divorce, new wife/girlfriend, distance).

Is there anything we could do to make our relationship even better? What?

QUESTION #7

UNSPOKEN WORDS... WHAT HAS YOUR FATHER ALWAYS WANTED TO TELL YOU?

Ask: If this was your last day on earth and you could say anything, what would you want to tell me that you haven't already (about you or about our relationship)?

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About “The Secret Life of Fathers (2nd Edition)”

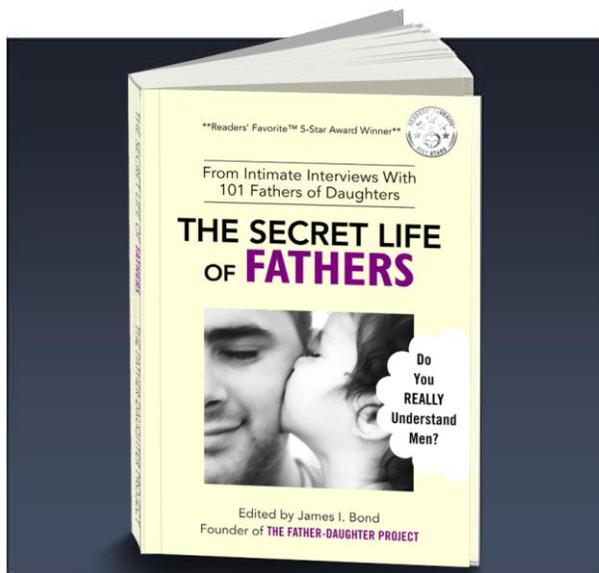
Read how actual fathers answered these and related questions, in the groundbreaking new book, “The Secret Life of Fathers” (from Intimate Interviews With 101 Fathers of Daughters).

It’s available at bookstores everywhere, or come to our website, www.TheSecretLifeOfFathers.com.



READERS' FAVORITE 5-STAR AWARD WINNER!

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“Surprisingly candid... terrifically rewarding.

For women here’s an emotional glimpse into the complex relationship between fathers and their daughters—from a father’s perspective.

Being the father of a daughter myself, I was really moved by the joys and heartaches many of these dads were willing to share.”

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On Being a Father to a Daughter



This chapter provides a glimpse into the emotional experience of being a father to a daughter.

It also considers the impact of a dad's own parents and his comfort with women in general in understanding what has molded him into the kind of father he has become.

Inside this Chapter

Observations from 101 Dads of Daughters

- My Daughter Was A Real Mystery To Me
- I'm Nervous Around Females
- I Found Daughters More Complex Than Sons
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- Being A Father Is The Most Incredible Thing In My Life

My Daughter Was A Real Mystery To Me

Girls Were Aliens, A Breed Apart—I Had To Rethink How To Be A Parent

“I grew up in a household with two brothers, so to me girls were aliens.

As a young man I had to learn through dating what they were like. I didn’t have any girls to interact with growing up, so they were just a whole breed apart from me.

With [my son], I knew I was right because I was a boy at one time so I know what’s going on in your head. But I didn’t know what was going on in [my daughter’s] head, so I had to sloooooow down and think.

I had to think much more with her. I had to learn how to be a daddy a little different. A lot different. Because I wasn’t sure all the time what’s right with her.

You tell your kid to do something, hopefully you’re sure you’re right. If you’re not, you’re going to have to slow down and parent differently.”

Ken, 9/11 New York City fireman and father of a six year old daughter and two sons

I Wasn’t Prepared For How Emotional Females Are

“I have two brothers that I grew up with.

I think not having any sisters growing up made girls kind of a mystery, you know what I mean. They’re more emotional—as I find most women are than men.”

Ed, fifty-one year old father to a fifteen year old daughter and two sons

My Daughter’s Been A Mystery And A Gift—She’s Made Me More Open

“She’s been a female presence in my life that has been both a mystery and a gift. It’s just been a delight to see her grow.

[If I never had a daughter] I don’t think my heart would be as open. I think I would have gone more towards [being] a macho male. More testosteronic.”

George, seventy-five year old father of fifty-two year old daughter and two sons; also later became stepfather of another daughter (when she was a teenager) and a stepson

I Would Definitely Be More Intuitive Raising A Son Than A Daughter

“I think that I would feel innately more intuitive with a son because I know what it's like to be a little boy, having been there. However, never having been a little girl, it really requires a different mindset.

I would assume the responsibility and the desire to care for my child is one in the same whether it be a boy or a girl. However, the relation in terms of understanding a little boy or a little girl, I think that probably is a little different.”

Ray, forty-eight year old computer executive, father of a five year old daughter

To better understand the dads, we also asked how they are around females in general.

I'm Nervous Around Females

I'm Intimidated By Women—I Don't Understand The Rules Of Engagement

“Women intimidate me. I have some fear around women.

I mean, I've built my image in a man's world, so it's a lot easier for me to understand the rules of engagement. And I've been pretty successful at it.

Whereas with women—I mean, I've been successful dating and doing all those things. But it's always been an acquisition for me versus actually functioning in their world.”

Bill, forty-eight year old father of a twenty-year-old daughter and a twenty-four year old son

It was surprising how many dads said they were nervous around women.

For some this discomfort seemed to carry forward into their relationship with their daughter.

I'm On Eggshells Around Women

“I think I have a long standing fear of women. In particular I fear that I will too readily and unconsciously give up my power to women.

So on a certain level, there is just a low grade fear that causes me to be on eggshells around women. I don't feel threatened in the same way by men at all.”

John, fifty-six year old schoolteacher, divorced father of eighteen year old daughter (divorced when his daughter was seven but remained close to her)

Here's your chance to rethink what fathers (and men) are REALLY like...

"The Secret Life of Fathers (2nd Edition)" is an unvarnished look at what men are REALLY like, beneath their guarded defenses.

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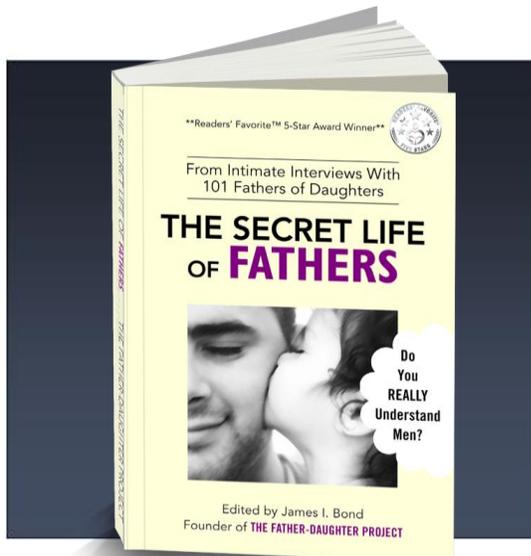


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