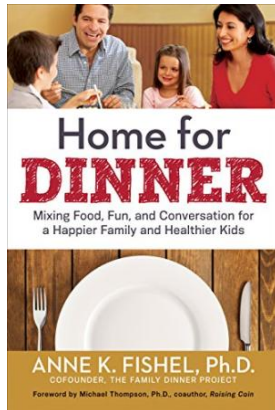


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# HOME FOR DINNER: MIXING FOOD, FUN, AND CONVERSATION FOR A HAPPIER FAMILY AND HEALTHIER KIDS



Amacom. Paperback. Book Condition: new. BRAND NEW, Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids, Anne K. Fishel, Sports, activities, long hours, and commutes - with so much to do, dinner has been bumped to the back burner. But research shows that family dinners offer more than just nutrition. Studies have tied shared meals to increased resiliency and self-esteem in children, higher academic achievement, a healthier relationship to food, and even reduced risk...

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