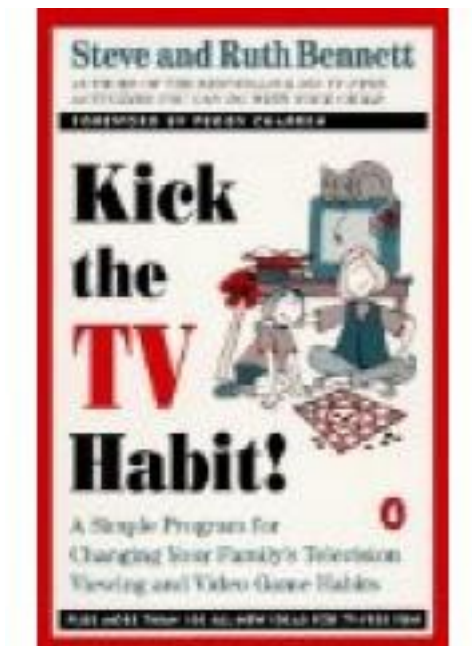


# Kick the TV Habit: A Simple Program for Changing Your Family's Television Viewing and more



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A program for changing family television and video game habits to create a life of quality family time and active learning includes one hundred TV-free activities, a wealth of facts and statistics about TV watching, and resources for further information.

作者介绍:

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