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## Pacify Me: A Handbook for the Freaked-Out New Dad

By Chris Mancini

SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Original. 208 x 134 mm. Language: English . Brand New Book. A humorous yet practical collection of essays that look at the one thing that terrifies men the most: Fatherhood. Anyone who's seen Judd Apatow's smash hit Knocked Up knows that many modern men are still clinging to their inner child. So what happens when this man-child finds out that he's an expectant father? The obvious: he freaks out. Written for the new fathers who know more about Mr. Spock than Dr. Spock, My Life Is Over empathetically shatters the myths and fears new fathers really feel. Using the power and wisdom of hindsight, Chris Mancini humorously and candidly shares his own personal journey of becoming a new father and covers the entire process-- from pregnancy to delivery, the adjustment period, and the infant years. Anticipating a broad range of questions from the practical (how do I stop a kid from crying? how many diapers will I really be changing?) to the personal (how soon can I have sex with my wife again?), Mancini mixes entertaining anecdotes with helpful in-the-trenches information, offering an invaluable guide for every scared,...



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