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Author and world renowned actor Omar Epps chronicles his journey from humble beginnings in Brooklyn, New York, to the bright lights of Hollywood. Having grown up without his biological father, then becoming a father himself, Epps shares his story of pain and triumph in a uniquely visceral way. It's an intimate, unapologetic, and emotional conversation about childhood, manhood, and parenting. From Fatherless to Fatherhood touches on many themes surrounding the importance of family and community. It also shows how men can break the cycle of fatherlessness within their families, and come to terms with their own issues surrounding their fathers. Fatherhood is about much more than providing food and shelter for a child. It's about much more than cutting a check to check a box. Fatherhood is about being active in a child's life, and cultivating those sacred bonds of family. It's about guiding and teaching a child how to be a loving, honest, respectful individual who will permeate goodness to all they encounter.

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