



## 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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