



## Rocking Fatherhood: The Dad-to-Be's Guide to Staying Cool (Paperback)

By Duff McKagan, Chris Kornelis

INGRAM PUBLISHER SERVICES US, United States, 2016.  
 Paperback. Condition: New. Language: English . Brand New Book. Let me guess: your Facebook page is littered with baby studies and you're hearing Having a baby changes everything more often than Having a baby is pure joy. The sad fact is that pregnancy has been turned into a cataclysmic medical emergency and parenthood's become an obstacle course of optimization. Music journalist Chris Kornelis has no patience for any of it. He didn't know the first thing about pregnancy when his wife gave him the good news, but he knew that the birth of a child should be a joyous occasion, not a minefield of stress and shame. Rocking Fatherhood provides a week-by-week guide to pregnancy for twenty-first century fathers, but unlike most pregnancy books, it doesn't address every scenario and statistic you and your lady could encounter in the next nine months. Rather, Chris encourages you to make decisions based on what you think is best for your family, not to conform to someone else's definition of ideal. To write the book, he mined his own time as an expectant pop and new dad, but he also solicited wisdom...



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