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The Expectant Dad's Handbook: All you need to know about pregnancy, birth and beyond

Dean Beaumont

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Becoming a dad can be a daunting time – especially when most pregnancy and parenting information is targeted towards women. This exciting new book, from a leading expert in working with expectant dads, doesn't sideline or speak down to men. Instead it provides an array of targeted information to fully prepare men for their new roles – as both birth partners and fathers.

The Expectant Dad's Handbook is a one-stop guide for men on their path to fatherhood. It provides practical answers to all the questions on the mind of a dad-to-be – from what to expect at each stage of pregnancy to how to cope with any worries and fears about becoming a dad. It also reveals unique insights into a dad's role during labour, showing key strategies for improving the birth.

Both practical and accessible, this guide will provide all the information and advice fathers need for the journey ahead.

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