



Pregnancy For Men: 101 Tips

Mark Woods

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She's pregnant, which means you're pregnant. Not literally of course, but you'll be slap bang in the middle of nine months of flying hormones, back rubs, and too much talk of childbirth - you're in for the ride of your life. And you're going to be a dad. Fatherhood is just around the corner – are you ready? Most pregnancy books are for the mother but this one is just for you, the new father. We guide you through nine months of joy, excitement, fear, lots of big words, and an expanding bump, so that you emerge from this emotional rollercoaster ready for anything your new born baby will throw at you (which will either be sick, poo or regurgitated milk). From how your baby grows month by month to how to support your partner (it's the little things that count, we tell ourselves), international bestseller *Pregnancy for Men* is your survival guide to the whole nine months.

And when the newborn arrives (and you can't put the car seat in) Mark's on hand with the next instalment, *Babies and Toddlers for Men*, packed with funny anecdotes and advice from an array of new dads. Or if you're short on time - *Pregnancy for Men 101 Tips* and *Babies and Toddlers for Men 101 Tips*.

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