

Based on the mega-selling DVDs, *Being Dad* is the bloke's guide to pregnancy, birth and babies. Whether the dad-to-be would rather undergo Chinese water torture than attend a child birth class or is keen as mustard but utterly clueless about all things baby, this is the book for him. Sam Holt and Troy Jones have interrogated hundreds of men around the globe and discovered what dads-to-be are most confused and worried about.

On the way they've also helpfully exposed what mums and dads-to-be are thinking during the different stages of pregnancy. Whether you'll be into sex, or not, whether you need to buy a Toyota Tarago right now, what to do if you go into labour in the carpark at Woolies: the answers are in *Being Dad*, dished up with reassuring info and irreverent humour.

Full of invaluable suggestions and ideas, this book gives permission to celebrate the miracle of new life in your own way. *Being Dad* is a comprehensive guide on how to prepare for parenthood, a chance to look at what may lie ahead and plenty of pointers on how to stay sane and in love and also have some laughs along the way.

SAM HOLT was in greater denial about becoming a father than any man before him. After the birth of his son Hugo, Holt decided to find out what becoming a dad was like for others. A serial 'ideas man', he created a guide for couples with friend and filmmaker Troy Jones and thus *Being Dad* was born.

TROY JONES is a 33-year-old law student, comedian and owner of a small advertising agency. He is the proud father of Matilda and Charlie. Telling dads-to-be the way it really is earned this regular Joe a place in the US Parents' Hall of Fame.

www.BeingDad.com.au

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www.allenandunwin.com

Cover artworking: DoubleODesign.com
Man on cover photo credit: Brad Jarrett

PARENTING

Being Dad

For dads-to-be and the women who love them
SAM HOLT & TROY JONES



From the creators of the mega-selling DVDs

Being Dad

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SAM HOLT & TROY JONES

Project: Being Dad - Cover Design
Client: Allen & Unwin Publishers Australia
Client Contact: Aziza Kuypers, Editor / AzizaK@allenandunwin.com
Design Co.: Double O Design, Dublin, Ireland
Designer Contact: James Cooper, Art Director / jcooper@doubleodesign.com
Date: 23.04.2010

CMYK 4 COLOUR PRINT
5MM BLEED