



# From Dude to Dad: The Diaper Dude Guide to Pregnancy

*Chris Pegula, Frank Meyer*

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*Congrats: You're going to be a dad!*

*Now what?*

Dude, relax; you're going to be fine. But it wouldn't hurt to get a few pointers—a road map of what lies ahead. That's what this book is for.

**From Dude to Dad** gives you the need-to-know essentials on pregnancy, birthing, and parenthood, and how it's okay to be scared out of your mind. You'll learn what the expecting mom is going through during each trimester, how you can be the best partner and dad-to-be, and how to immediately start bonding with baby.

Be prepared for the arrival that will ultimately change your life in the best way possible.

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