

How to be a Pregnant Father

HOW TO BE A PREGNANT FATHER.



An illustrated survival guide for the first-time father
by Peter Mayle Illustrated by Arthur Robins
Including the Pregnant Father's Cookbook by Len Delighton.

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Bestselling author Peter Mayle shows expectant fathers everything they need to know about one of life's most exciting times. Included is advice that every father needs to know about the impending birth of his child, such as: tactics for the bathroom and the breakfast table, morning sickness, cravings, preserving his sex life, and helping his wife get back into shape.

作者介绍:

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