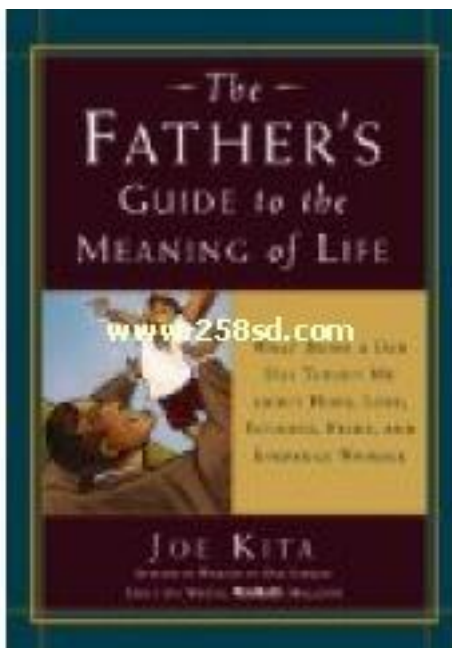


# The Fathers Guide to the Meaning of Life



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Men's Health writer Joe Kita rekindles the magic he created in his successful Wisdom of Our Fathers--this time turning his keen insights to his own experience as a father. Becoming a parent is a life-altering experience for anyone, and Kita shares his personal, transcendent moments as a parent in this unique look at fatherhood. Readers will learn about the heroes and role models that Kita--and other parents--have discovered along the parenting path, and even the books and music that helped shape his attitudes about fatherhood. In first-person prose, Kita provides more than 12 essential lessons about life that were taught to him by his children, and the moments, as when he said goodbye to his own father for the last time, that transcend all others. In essence, The Father's Guide is a study of life,

complete with obstacles and rewards, as seen through the prism of a father's experience.

作者介绍:

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