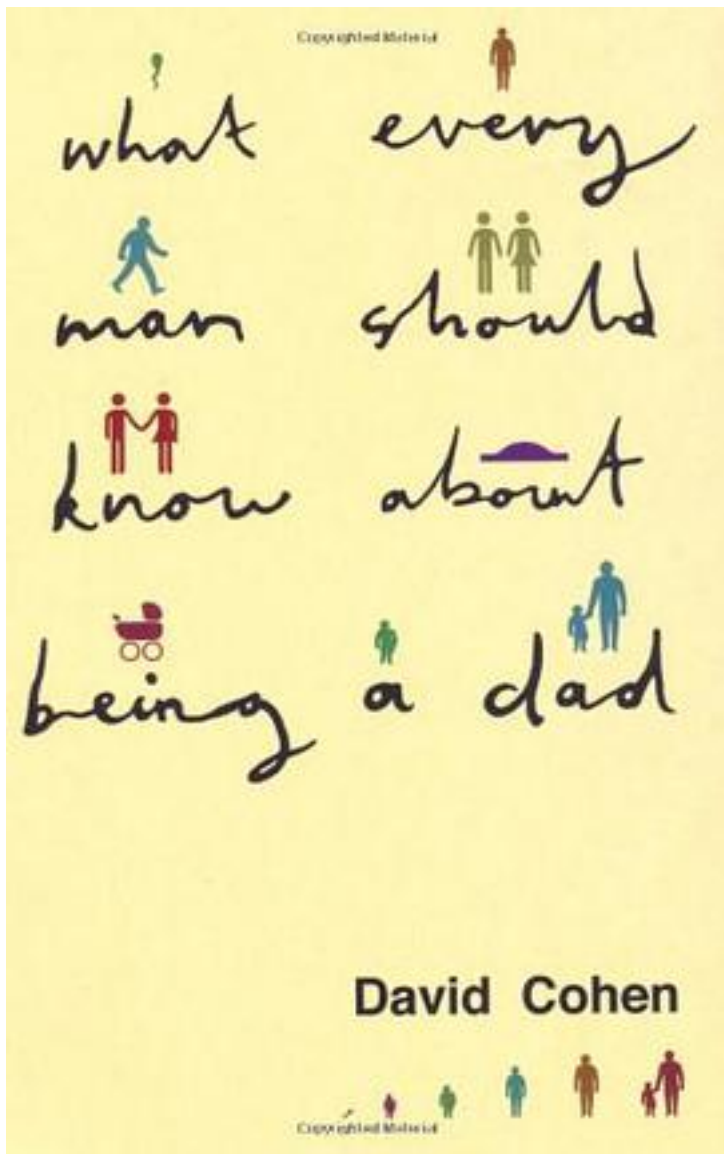


What Every Man Should Know About Being a Dad



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出版者:

出版时间:2009-6

装帧:

isbn:9780415486170

When a man becomes a father, it can be a very daunting time. He is suddenly thrust into a new and emotional world. He can feel unprepared (despite the preceding nine months of build-up), useless (despite all the "uses" the mother of his child could offer him), and apprehensive. However, the new father is about to embark upon the most exciting and rewarding experience of his life. But let's face it, no one teaches men exactly how to become fathers. So, what does being a dad in the 21st Century mean? Dads today, more than ever, want to play an active role in their children's lives and development. To do this, fathers need to know how children grow up so that they can learn to cope with, play with, control, and love their kids in an intelligent way. This book provides a guide for men on how to be a good dad and a supportive partner. Dealing directly with the key issues and the many stresses that fathers can face, it looks at the psychological research on child development, parenting, and fathering in particular. It examines such thorny topics as step-fatherhood, the changing relationship between partners, and sex after babies. It also offers valuable advice on problems all dads will face – how to bond, how to provide sensible discipline, learning to play, and managing teenage tantrums and traumas. The author, David Cohen, is a psychologist, and a father and step-father. In a quirky and anecdotal style, and drawing on eclectic material, this book tells men everything they need to know about being a dad.

作者介绍:

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