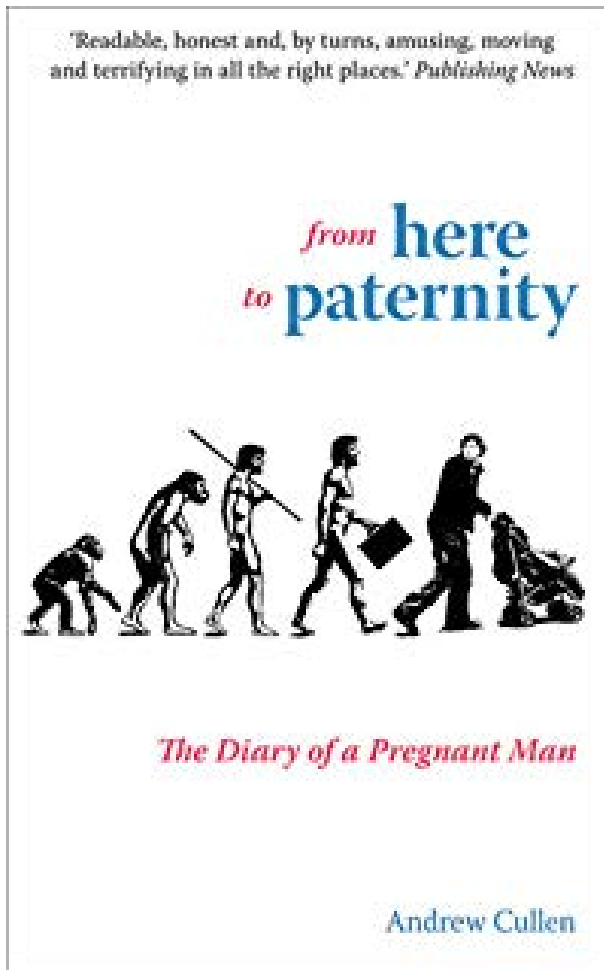


From Here to Paternity: The Diary of a Pregnant Man



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Frank, funny, and insightful, this recollection of one man's experiences during his wife's pregnancy reveals the day-to-day reality and emotional turmoil of his journey into fatherhood. The male perspective on pregnancy, which is often overlooked, is revealed as the author reflects on the effects of the pregnancy on his relationship, his changing and often conflicting emotions, his declining sex life, and his insecurities about becoming a father. By sharing his joy, sense of wonder, fear, and anxiety, the author paints an illuminating portrait of what to expect when having a baby.