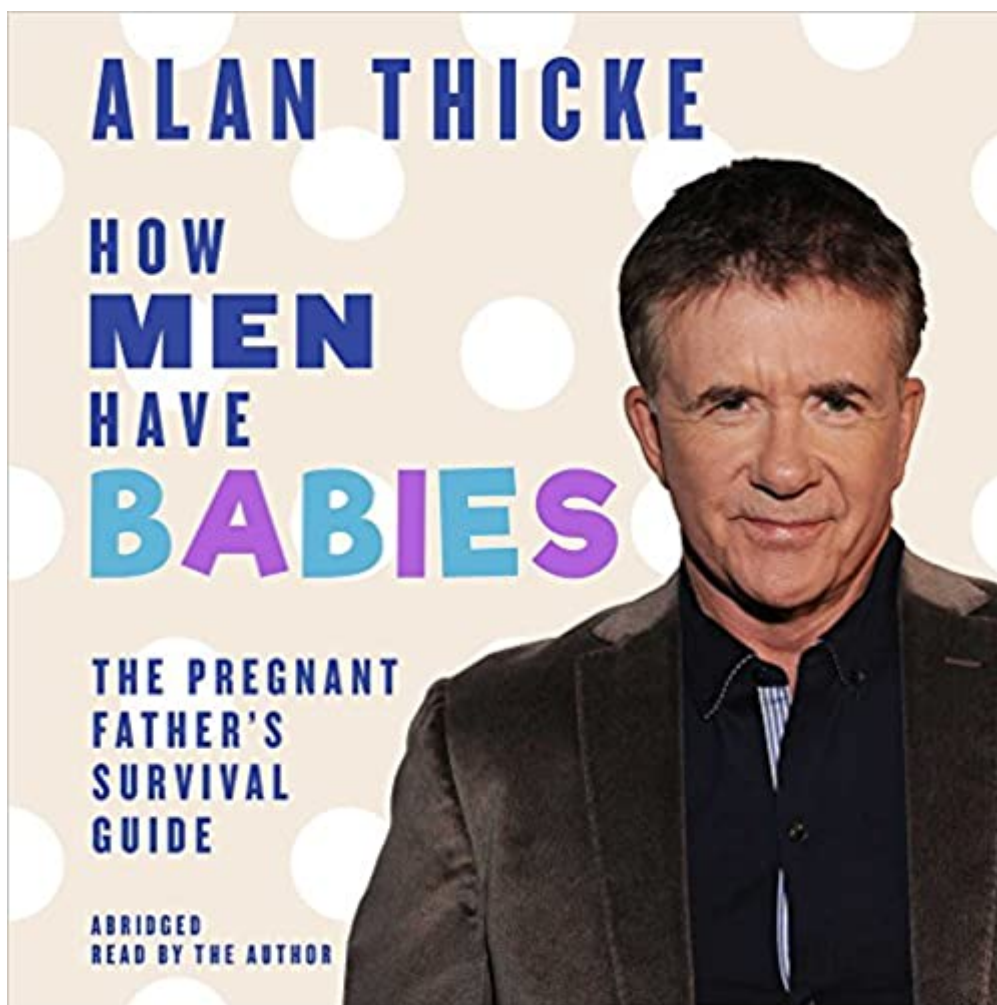


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# How Men Have Babies: The Pregnant Father's Survival Guide



## Synopsis

[\*Read by the author - Alan Thicke]First comes love, then comes marriage, then comes...Yikes! Of course pregnancy is thrilling, but it also poses enough challenges to test a saint. In addition to the excitement, there is pressure as you tally up the costs and cope with morning sickness, birth classes, and in-laws, not to mention cravings, celibacy, and a host of other surprises. Couples need to lighten the mood with a good laugh every once in a while. This audio guide on pregnancy from a man's perspective can provide that comic relief. Alan Thicke has collected his thoughts, along with salient advice and expert opinions, on the entire nine months in a diary of his recent pregnancy.... Oh, yes, his wife was there too.

## Book Information

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## Customer Reviews

In the television show *Growing Pains*, Thicke portrayed Hollywood's notion of the ideal father. In his book, he ventures into real-world fatherhood, chronicling the pregnancy of his second wife, Gina. It's not his first turn at fatherhood, so he's able to examine how the process has changed in recent years: home ovulation kits, home pregnancy tests, child birthing classes, an empathy belly contraption tied around the father's waist to simulate the travails of carrying a baby in the womb. Thicke offers humorous tips on preparing for parenthood by, for example, smearing peanut butter on furniture. Then he begins a month-by-month guide through pregnancy from a decidedly male perspective. The prototypical woman he uses (presumably Gina) is a whiner with every conceivable stereotypical pain and discomfort of pregnancy and attitudes to match. Thicke entertains a scenario of a pregnant woman president negotiating with some global trouble spot--"Estro-Babe" with her

finger on the hot button. But much of his material is funny, and some of it is serious. It actually is a guide through fertilization, gestation, and birth. Thicke offers a barrage of statistics: the cost of a lifetime of child rearing, the connection between birth weight and juvenile diabetes, the fact that 20 percent of pregnancies end in miscarriage. Interspersed throughout the book are little celebrity quips on pregnancy and child rearing, including insights by Cuba Gooding Jr., Bill Maher, and Kathie Lee Gifford. Of little practical use to pregnant women but others might find it useful and amusing. Vanessa Bush --This text refers to an out of print or unavailable edition of this title.

"Dads-to-be everywhere -- don't even think about making a baby without owning this audiobook."  
--AudioFile  
"A month-by-month guide through pregnancy from a decidedly male perspectiveâ |Useful and amusing."  
--Booklist

Good book that brings humor to having a child. Not a guide to pregnancy so you should not expect detailed descriptions of what is happening to your wife and child each month. This book does have funny stories and quotes from celebrities about their children and birth process as well as the authors experiences. I found it to be fun and enjoyable to read and it even made my wife laugh.

Gift for my grandson hope he enjoys it

As a future daddy, I was looking for some words of advice and tips as to how I can support my wife during her pregnancy. I chose this book for two reasons. One, It was written by one I respect as a better than your average actor. Two, it was new on the market and there were no reviews for it. I was disappointed in the book. It seemed a little tacky and a few punch lines were added for humor. The book sits on my bookshelf ready for the next garage sale. If you are an expecting father, I found the next book that I bought to be the most useful: "The Expectant Father : Facts, Tips, and Advice for Dads-To-Be"

Excellent.

This was a gift for my son-in-law. He says he learned a lot from it.

Funny and informative. Bought this for hubby but of course read it first. Thicke is in great comedic form, lots of interesting facts, and although he has lots of physiological/medical info it's not

overwhelming...Also a very quick read- laughed aloud alot and then passed it on to my better half.

I purchased this book at a time when I couldn't find a book that gave men advice on what to expect during the pregnancy process. This book was lighthearted - each chapter (about 20-25 pages long, on average) goes into each month of the pregnancy, and there are some funny celebrity quotes and funny stories of the author's life that made me chuckle. The quotes and the stories have a purpose, as they go with each month's "theme

I got this for my husband. Alan Thicke is kind of consistently and gently slamming or joking about women and thier behavior while pregnant. It is humorous most of the time... so I didn't have a problem with it. But, If you're looking for a book that is really educational or filled with knowledge about pregnancy-this isn't it. Like the title says, this book is more about teaching men to cope with thier wives while the are pregnant than it is about pregnancy.

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