



Pacify Me: A Handbook for the Freaked-Out New Dad

Chris Mancini

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A humorous yet practical collection of essays that look at the one thing that terrifies men the most: Fatherhood.

Anyone who's seen Judd Apatow's smash hit *Knocked Up* knows that many modern men are still clinging to their inner child. So what happens when this man-child finds out that he's an expectant father? The obvious: he freaks out.

Written for the new fathers who know more about Mr. Spock than Dr. Spock, *My Life Is Over* empathetically shatters the myths and fears new fathers really feel. Using the power and wisdom of hindsight, Chris Mancini humorously and candidly shares his own personal journey of becoming a new father and covers the entire process— from pregnancy to delivery, the adjustment period, and the infant years.

Anticipating a broad range of questions from the practical (how do I stop a kid from crying? how many diapers will I really be changing?) to the personal (how soon can I have sex with my wife again?), Mancini mixes entertaining anecdotes with helpful in-the-trenches information, offering an invaluable guide for every scared, nervous—but ultimately very capable—new dad.

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