



# **The Complete Pregnancy Guide Expectant Fathers: Everything a Dad Needs to Know About Pregnancy and Fatherhood**

*Alex A. Lluch*

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For fathers-to-be, pregnancy can be exciting, stressful, exhilarating, or a combination of all three. The physical and emotional changes a couple experiences can be surprising. The Complete Pregnancy Guide for Expectant Fathers takes the mystery out of having a baby, including month-by-month details about how mother and baby will be changing, and educates fathers on how to help and support their partners throughout pregnancy and after the baby is born.

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