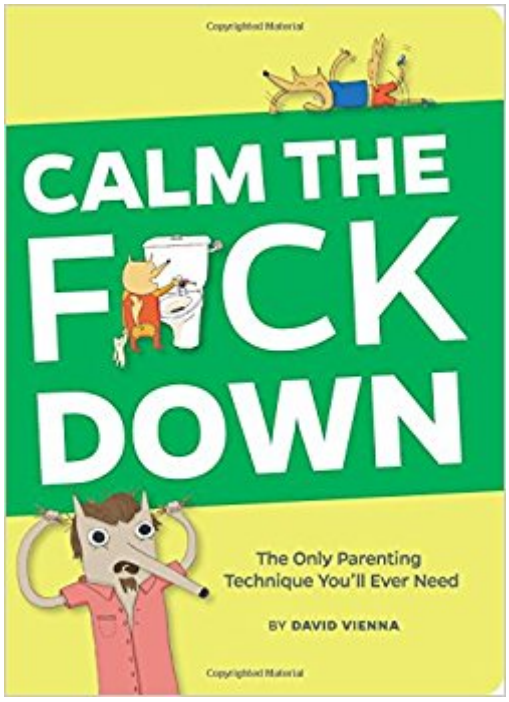
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Calm The F*ck Down: The Only Parenting Technique You'll Ever Need



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Synopsis

If you’re a good parent, you probably drive yourself batshit with worry. This book is for you. Based on his viral blog post and addressing concerns from "my baby won’t poop" to "my boy likes girl toys" to "everything costs too much," David Vienna’s wise and funny parenting advice will amuse and inform and remind you that (almost) nothing is worth freaking out about. Includes advice from actual experts! Great new dad gift that’ll keep him calm, cool, and collected Paperback; 5.5 x 7.75 inches; 112 pages

Book Information

Paperback: 112 pages

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Average Customer Review: 4.6 out of 5 stars 96 customer reviews

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Customer Reviews

"Step 1: Buy this book. Step 2: There is no second step." Farah Miller, editor Huffington Post Parents "If Vienna’s CTFD had been available four years ago, the money I could have saved on antacid and Grecian Formula would easily fund my daughter’s first year of college."Ã¢â ¬â •Dave Engledow, author of World’s Best Father "David Vienna is a singular voice of reason amidst the obnoxious echo chamber of parenting philosophies and self-help guru-dom. His humor will persuade you to let your guard down, and his honesty in the face of one of life s greatest challenges raising children will have you feeling sane again."Ã¢â ¬â •Charlie Capen, creator HowToBeADad.com "We’ve become a nation of risk-averse, safety-obsessed, Purell-loving freaks, and David Vienna thinks it’s time that we all just calmed the f*ck down. Hilarious, helpful and most importantly the antidote to the age of over-parenting."Ã¢â ¬â •Melissa Sher, creator of Mammalingo.com "I’ve been trying to calm the f*ck down since the minute I found out I was

pregnant with my first baby. Literally. Like, I'm medicated for it now so I'm mostly okay, but this book is like yoga for my obsessed-mother mind. I feel so Zen after reading it! And I also got a great ab workout from all the laughs. I think it should be required reading for all parents. Heck, can it just be required reading for everyone? Because I think parents and non-parents alike could use a little CTFD when it comes to dealing with kids."Ã¢â ¬â •Jill Krause, author of Baby Rabies

David Vienna is a father of twin boys, a former journalist and spent a few years writing for reality television. That one really awesome episode of House Hunters yeah, that was his. He covers parenting issues at TheDaddyComplex.com and other questionable sites, and has also spoken at the Dad 2.0 Summit. His work also appears in exquisitely crafted drunken emails to his friends from high school. He loves E.L.O., 70s horror films, Philly cheesesteaks and napping.

I bought this for my son who is having his first child! Although he loves to read I have a hard time getting him to read anything I want him to read but when I purchased this book he read it from front to back without putting it down. He said it was totally hilarious and very informative and helped make him more relaxed about having a baby.

I got this for my daughter. She's had kids before but her husband has not. I asked her how she liked it and she said she thinks it's more for people that have never had kids before. It's full of advise and she found it funny.

Great gift for first-time parents...and so much of it is really, really true and fun.

This has calmed my nerves and anxiety about parenting so much! Best book about parenting ever!

Gave this as a baby shower gift for the Dad. Was a HUGE hit!

Great seller, product and price!

The hit of the baby shower!

So.funny. I read the toddler sections at the end and I dont even have a toddler. Just kept reading cuz it was so funny and enjoyable!

Download to continue reading...

Calm the F*ck Down: The Only Parenting Technique You'll Ever Need The Only EKG Book You'll Ever Need (Thaler, Only EKG Book You'll Ever Need) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life All You Need to Know About Essential Oils: A Comprehensive Guide to Natural Remedies The Only Book You Will Ever Need! The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World Art for Kids: Drawing: The Only Drawing Book You'll Ever Need to Be the Artist You've Always Wanted to Be Positive Parenting - Stop Yelling And Love Me More, Please Mom. Positive Parenting Is Easier Than You Think. (Happy Mom Book 1) Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm Rays of Calm: Relaxation for Teenagers (Calm for Kids) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Hiking and Traveling the Blue Ridge Parkway: The Only Guide You Will Ever Need, Including GPS, Detailed Maps, and More (Southern Gateways Guides) Dr. and Mrs. Guinea Pig Present The Only Guide You'll Ever Need to the Best Anti-Aging Treatments The Only Book You'll Ever Need to Fight Head Lice Heart 411: The Only Guide to Heart Health You'll Ever Need The Scale and Arpeggio Bible for Clarinet: (probably the only scale book you'll ever need) The Only Grant-Writing Book You'll Ever Need Long Story Short: The Only Storytelling Guide You'll Ever Need The Only Sales Guide You'll Ever Need The Barefoot Investor: The Only Money Guide You'll Ever Need Start Your Own Business, Sixth Edition: The Only Startup Book You'll Ever Need

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