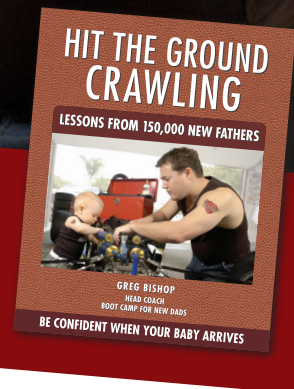


“You can tell this book was written for guys – no fluff, just facts.”



Hit the Ground Crawling

Hit the Ground Crawling has the answers you want, collected from more than 150,000 men who have participated in Boot Camp for New Dads, the nation's largest orientation program for men getting ready to be fathers.

Learn practical tips on:

- Getting your home and yourself ready
- Helping your wife through your child's birth
- Diapering to burping and everything in between
- Caring for – and surviving – new moms
- Reigniting the romance after you settle in with baby
- Keeping your baby safe and helping him grow
- Turning play time into a lifelong adventure
- Preparing your pets
- And a great deal more

Get the straight talk on:

- Common concerns and fears of men becoming fathers
- Why new mothers often present a bigger challenge than babies
- What dads offer that babies can't get from anyone else
- What to do when someone says you're doing it wrong
- How other men are doing it and how you can – your way
- Juggling your new family, your job and finances
- The challenge a new baby presents to your marriage

“Hit the Ground Crawling built my confidence. There is no substitute for experience – that's the whole key to this book – it's the experience of these guys – they answered my questions.”

Greg Bishop, with 12 brothers and sisters, and four kids of his own, had changed a lot of diapers when he started Boot Camp for New Dads in 1990. Today, he and 400 other Boot Camp coaches conduct workshops in 40 states and the U.S. Navy, Army and Air Force. Bishop and Boot Camp for New Dads have been featured on ABC World News, The Today Show, Good Morning America, Live with Regis and Kelly, and in Life, Readers Digest, CHILD, Parents, US News and World Report, and internationally in Europe and Asia.

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