



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

*David Vienna*

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## **Calm the F\*ck Down: The Only Parenting Technique You'll Ever Need** David Vienna

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

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