



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

By David Vienna

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Calm the F*ck Down: The Only Parenting Technique You'll Ever Need By 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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Editorial Review

Review

"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."

—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."

—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."

—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."

—Jill Krause, author of *Baby Rabies*

About the Author

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.

Users Review

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Robert Russo:

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that course make you smarter than in the past. Yeah, it is very fortunate for yourself. The book makes you a lot more confidence because you can know almost everything by the book. So, we need to make new experience and also knowledge with this book.

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