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Contact: Meg A. Parsont
212.787.5704
mparsont@earthlink.net

Abbeville Press Proudly Delivers Abbeville Audio to Coincide with Father's Day

The Expectant Father:
Facts, Tips, and Advice for Fathers-to-Be Audiobook
By Armin Brott and Jennifer Ash, read by Armin Brott

The New Father:
A Dad's Guide to the First Year Audiobook
Written and read by Armin Brott

"Brott writes honestly and earnestly. His wry sense of humor will be a relief to hassled parents."—*TIME magazine*

"A perfect balance of stuff dads need to know and stuff they want to know."
—*Child magazine*

When Armin Brott launched his New Father series in 1995 with the publication of *The Expectant Father: Facts, Tips, and Advice for Fathers-to-Be*, he filled a tremendous void in parenting literature. Among the first to address men's evolving role in child-rearing and their need for dad-specific information, he provided expectant fathers with the tools and support they needed to become involved, informed, fully-participating parents. His follow-up volume, *The New Father: A Dad's Guide to the First Year*, was equally pioneering, and, like its predecessor, was enthusiastically received by readers and reviewers alike. Today, with well over one million copies sold, *The New Father* series is the gold standard in its field, considered *the* essential resource for new dads.

This Father's Day, Armin Brott and Abbeville Press break ground again with audiobooks of the first two titles in Brott's New Father series. The host of "Positive Parenting," a long-running radio program, Armin brings his signature wry and accessible

style to his reading of **The Expectant Father: Facts, Tips, and Advice for Fathers-to-Be Audiobook** and **The New Father: A Dad's Guide to the First Year Audiobook**. In a field woefully short of quality audiobooks on parenting, these two unabridged audios provide a wealth of practical information in a hands-free format perfectly suited for busy dads-to-be and new dads. The discs of each unabridged title lend themselves to listening in the car, commuting to work, working out, or while rocking a newborn late at night, imparting advice that is as reassuring as it is authoritative.

The Expectant Father Audiobook consists of a disc devoted to each of the nine months of pregnancy. Incorporating to-the-minute information from obstetricians, birth-class instructors, psychologists, and sociologists, each disc addresses three key elements of preparing for a new baby at different stages of the pregnancy: the mom's physical and emotional experience, development of the baby, and what the expectant dad will experience emotionally, sexually, and even physically. Tips on nutrition, exercise, finances, doctor's appointments and tests, and much more are included. The ten-disc set is packaged with a 24-page booklet that includes recipes tailored for the needs of expectant moms as well as a chart on the 20 stages of childbirth.

How do moms and dads parent differently? What impact does a father's involvement have on a child's intellectual and social intelligence? When should babies reach certain developmental benchmarks? **The New Father Audiobook** features the latest research on hundreds of subjects pertaining to a baby's first year, from what a new dad can do to help when his partner is having trouble breastfeeding to how to juggle work and family. It addresses the specific needs and experiences of dads in the military, adoptive, divorced, and older dads, information on preemies and multiples, and a host of other timely topics. Charts outlining food allergies, diseases, vaccines and vaccination timeline, and more are included in a 32-page booklet packages with the twelve-disc set.

With a unique combination of authoritative, dad-oriented information and much-needed glimpses of humor made all the more appealing through Armin Brott's warm, reassuring reading, **The Expectant Father Audiobook** and **The New Father Audiobook** are essential resources for all dads, and for moms who will appreciate the fresh perspective.

About the Author/Reader:

Armin Brott is the author of *The Expectant Father*, *The New Father*, *The Single Father*, *Fathering Your Toddler*, *Fathering Your School-Age Child*, and *Father for Life*. He has written on fatherhood for such publications as *Newsweek*, *The New York Times Magazine*, and *Parenting*. The host of “Positive Parenting,” a weekly radio talk show, and father of three, he lives in Oakland, California with his family.

The Expectant Father: Facts, Tips, and Advice for Fathers-to-Be Audiobook

By Armin Brott and Jennifer Ash, read by Armin Brott

Publication date: June 2008

Unabridged, 10 compact discs, 9 hours, packaged with 24-page booklet, \$36.95

ISBN 978-0-7892-0967-2

The New Father: A Dad’s Guide to the First Year Audiobook

Written and read by Armin Brott

Publication date: June 2008

Unabridged, 12 compact discs, 11 hours, packaged with 32-page booklet, \$36.95

ISBN 978-0-7892-0968-9