



# **Barely Human: A Dirtyman's Journey Into the First Year of Fatherhood**

*Freddy Jay*

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My first year of fatherhood, I was a hot mess. If you're like most men, you will be too. But not because you're a failure. Because nobody told you what you can really expect when expecting. Chaos. Sure, the rewards of parenting are infinite. But getting there is rough. Especially for new dads. So if you want to laugh, learn and avoid a ton of mistakes, you need to read this book. Because here's what I can guarantee about parenthood: The only thing harder than raising a good person... Is being a good person.

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