



The Modern Dad's Dilemma

John Badalament

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More is expected of dads today than ever before. Drawing on his experience working with thousands of dads and families, John Badalament delivers a hands-on approach to meeting the everyday challenges of modern fatherhood.

Told through the stories of a diverse group of fifteen real dads who have attended John Badalament's pioneering workshops, *The Modern Dad's Dilemma* is filled with practical information, road-tested activities, and key skills dads can put to use right away.

Learn to:

- Balance family time with work demands
- Build open communication with your kids, no matter how old they are
- Model a healthy relationship with your children's mother
- Sort through your own father's legacy

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