



MoMENts: A Dad Holds On

Patrick Hempfing

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In MoMENts: A Dad Holds On, author Patrick Hempfing shares a former CPA turned stay-at-home dad's hilarious and poignant moments as he tries to hold on to his precocious child. Patrick conquers the day-to-day challenges of daddy-daughter chaos while embracing the pockets of love, joy, and happiness that make fatherhood exhilarating. Parenting is a lot like giving birth - there is a lot of pressure, but also tremendous joy - and focused breathing techniques are useful long past the delivery. Although Patrick may wish for an epidural to block the "contractions" of stress and worry, he loves being a father. His stories remind readers to make the most of every moment.

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