



Relax Dad

Stan Reese

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Men all over the country, once scared to step into their own kitchen, are learning to 'Relax' thanks to this book. Published after more than two decades of trial and error in his own kitchen as a single parent and then as a new Dad over the age of forty, the author, Stan Reese, says this book could be a life changer for some men. He also says it may even prevent a few evacuations. The book combines more than six dozen simple recipes with some humorous and touching stories of Reese's childhood in Georgia, his fourteen years as a single parent and his new life over the age of forty with three babies. There are also chapters on shopping, measurements, kitchen tools, food handling safety and cupboard staples. This book is great as a Father's Day present, graduation present, Christmas present, birthday present, wedding present or even a divorce gift. It can even be given as a Mother's Day present because, after all, it helps men better themselves for their women.

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