

# Dad On Purpose: The Busy Dad S Playbook For Loving Better Doing More And Breathing Easier

Being a dad is one of the most rewarding experiences in life, but it can also be one of the most challenging. Dads are constantly juggling work, family, and personal responsibilities, and it can be difficult to find time for themselves. This can lead to stress, burnout, and even relationship problems.

The Busy Dad Playbook is a practical guide to help dads overcome these challenges and create a more fulfilling life for themselves and their families. The book is packed with practical tips and advice on how to:

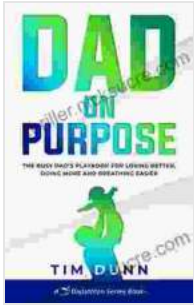
- **Manage your time and energy more effectively**
- **Build strong relationships with your wife and kids**
- **Take care of your own physical and mental health**
- **Find time for yourself**

The Busy Dad Playbook is written by Simon Holland, a father of four and the founder of the popular website DaddiLife.com. Simon has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The Today Show.

**Dad On Purpose: The Busy Dad's Playbook for Loving Better, Doing More and Breathing Easier** by Tim Dunn

★★★★☆ 4.8 out of 5

Language : English



File size	: 1748 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 230 pages
Lending	: Enabled



In The Busy Dad Playbook, Simon shares his own personal experiences as a father, as well as the advice of other dads who have successfully overcome the challenges of fatherhood. The book is full of practical tips and advice that can help dads of all ages and stages of life.

Whether you're a new dad, a stay-at-home dad, or a working dad, The Busy Dad Playbook can help you become a better father, husband, and man.

### **Key Features of The Busy Dad Playbook**

- **Practical tips and advice on how to manage your time and energy more effectively**
- **Strategies for building strong relationships with your wife and kids**
- **Advice on how to take care of your own physical and mental health**
- **Tips for finding time for yourself**
- **Personal stories from other dads who have successfully overcome the challenges of fatherhood**

## What Readers Are Saying About The Busy Dad Playbook

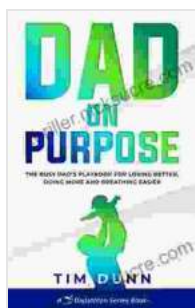
"The Busy Dad Playbook is a must-read for any dad who wants to be the best father he can be. Simon Holland provides practical advice and encouragement on everything from managing your time to building strong relationships with your kids." - **Michael Hyatt**, author of Platform: Get Noticed in a Noisy World

"The Busy Dad Playbook is the ultimate guide to fatherhood. Simon Holland covers everything from the practical to the emotional, and he does it with humor and honesty. This book is a must-read for any dad who wants to be the best he can be." - **Dave Willis**, author of The Naked Marriage

"The Busy Dad Playbook is an essential resource for any dad who wants to create a more fulfilling life for himself and his family. Simon Holland provides practical tips and advice on everything from managing your time to building strong relationships with your kids. This book is a must-read for any dad who wants to be the best he can be." - **Matt Walsh**, author of The Best of Both Worlds: Why Every Man Should Have a Stay-at-Home Dad

## Order Your Copy of The Busy Dad Playbook Today!

The Busy Dad Playbook is available in paperback, ebook, and audiobook formats. You can order your copy today from Amazon, Barnes & Noble, or your favorite bookseller.



### Dad On Purpose: The Busy Dad's Playbook for Loving Better, Doing More and Breathing Easier by Tim Dunn

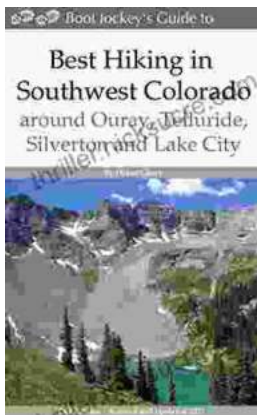
★★★★☆ 4.8 out of 5

Language : English

File size : 1748 KB

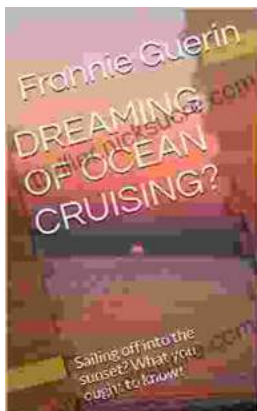
Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 230 pages  
Lending : Enabled



## 2nd Edition Revised And Expanded 2024: A Comprehensive English Course for Intermediate Learners

The 2nd Edition Revised And Expanded 2024 is a comprehensive English course designed for intermediate learners. It offers a thorough review of grammar and...



## Dreaming of Ocean Cruising: A Voyage into Tranquility and Adventure

For those seeking a respite from the mundane and yearning for an extraordinary escape, ocean cruising beckons with its allure of serenity and adventure. It offers a unique...