



How to Have Kids and Stay Sane

Daryl Crimp, Nigel Latta

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Following the success of his first parenting book, *Before Your Kids Drive You Crazy, Read this!* writer, clinical psychologist and family therapist Nigel Latta has gone on to become a regular columnist for *Littlies* magazine and has a regular patenting spot on National Radio each week. In great demand as a public speaker, Nigel has condensed his key tips and added some more of his trademark ironic humor to deliver the good news in manageable bites for harassed parents in danger of exploding. And because a spoon full of sugar always helps the medicine go down and we all know laughter is the best medicine, the book has been illustrated by the inimitable cartoonist Daryl Crimp, another laid back father with two young children. together these no nonsense dads ladle out the laughs in generous helpings to help battle-weary parents cope with the trials and traumas of living with your little darlings 24/7 and not going totally insane. Packaged in an attractive two-colour gift format, it will be the perfect safety valve for anyone you know who lives with little people . . . and is starting to look a little wild around the eyes!

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