



# SuperDad SpeedBible

*Ryan Heffernan*

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## **SuperDad SpeedBible** Ryan Heffernan

Inspired by one Dad's calamitous entry into the peculiar cosmos of arch parenting, *SuperDad SpeedBible* is truly a high-performance toolbox for men with young kids.

It is a big fun, no-nonsense, fast-paced, effective source of information on child health and safety, your health and safety, diet and nutrition, entertainment, sleeping, behavior, milestones, balancing work and parenting, finding good childcare and plenty more. There's even a chapter with (almost) foolproof techniques to help you keep your partner happy or pick up women if you're single.

Ryan Heffernan is a recognised Australian television producer, investigative journalist and writer. Ryan worked for News Limited before going behind the scenes as an investigative producer with the Seven Network's *Today Tonight* and is now a freelance journalist.

Ryan has flown headlong into a cyclone in a light plane, sat with the families of Bali bombing victims and roamed Queensland's Palm Island with locals, following a riot in response to an Aboriginal death in custody. He was almost run over in a car after he questioned a man who sold his baby for \$10,000.

But in the end it was Ryan's one-year-old son who brought him completely undone, tasking him with the greatest challenge he may ever face. Single parenthood.

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