

Over the last decade, we've learned more about the transformative power of parenthood—biologically, psychologically, and socially—than ever before. But while the experience of motherhood has attracted well-deserved attention, fatherhood has remained overlooked and, often, misunderstood.

Now, in *Dad Brain*, field-leading psychologist Darby Saxbe explains how becoming a father changes men, from their bodies and brain architecture to their hormones and sense of purpose.

Inspired by her relationship with her dad, Saxbe has studied fathers and families for more than twenty years. In her first book, she takes readers behind the scenes of her new research and around the world, from hunter-gatherers in the Congo to contemporary suburban dads, and into her pioneering studies of how parenthood shapes men's brains and lives.

Readers may be surprised to learn that, in addition to altering a dad's hormones and health (yes, men experience postpartum depression, and the "dad bod" is real), parenthood can also benefit men. Dads who spend time with their kids sharpen their paternal instincts and even show more youthful brains in later life. Dads' unique approach to play makes kids more resilient, and fathers bring new insights to workplaces and build better societies. Ultimately, fatherhood can help men discover a richer, more connected, and more meaningful life.

For fans of science-based storytelling that is also irreverent, funny, and personal, *Dad Brain* offers an illuminating, empowering, and optimistic new understanding of fatherhood that will become a must-read for every parent.

DARBY SAXBE, PhD, is a clinical psychologist and professor at the University of Southern California. She has published more than eighty scientific articles in peer-reviewed journals and earned awards from the American Psychological Association, the National Science Foundation, and the Fulbright Scholar Program. She received her PhD in clinical psychology from UCLA and her BA in English and psychology from Yale University.

READ BY Yael Rizowy; INTRODUCTION AND
AUTHOR'S NOTE READ BY THE AUTHOR



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