

## **Author, Armin Brott, sends Father's Day message to Talking About Men's Health Blog**

*Author Armin Brott has joined the list of contributors to the Talking About Men's Health blog. TAMH provides a platform for discussion on men, boys, and family health issues. The blog is authored by a range of health professionals.*

June 19, 2010 (FPRC) -- Washington, D.C. – Author and former Marine Armin Brott has joined the list of contributors to the Talking About Men's Health blog. The mission of Talking About Men's Health is to provide a platform for discussion on men, boys, and family health issues. The blog is authored by a range of health professionals.

Brott, a renowned author providing support and advice to fathers, will contribute frequently to the blog. Brott will use his expertise in parenting to provide readers with first-hand looks at health issues, as well as the overall mental, physical and emotional well-being of men and boys.

Hailed by Time Magazine as 'the superdad's superdad', Brott is known for his groundbreaking books on fatherhood. His works include: *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be* and *The New Father: A Dad's Guide to the First Year*. His other works has been published by The New York Times Magazine, Newsweek, American Baby, Parenting, Child, Men's Health and The Washington Post.

Brott's most recent book, *The Military Father: A Hands-On Guide for Deployed Dads*, is based on the experiences of hundreds of military fathers and mothers who have contacted him through the years, as well as his own personal experiences in the U.S. Marine Corps. *The Military Father* guides fathers (and mothers) throughout the process of deployment. The book is separated into three parts: pre-, during and post-deployment and provides advice on staying connected during deployment, and tips on smoothing the return home. For more information, go to [www.mrdad.com](http://www.mrdad.com) .

Brott's expertise in health and parenting will allow his contributions to Talking About Men's Health to be informative, intuitive, and psychologically focused. Men's Health Network applauds Brott's efforts in promoting and advocating successful male parenting through his works. We look forward to reading his future contributions on [TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com) .

Read the latest blog posts at [www.TalkingAboutMensHealth.com](http://www.TalkingAboutMensHealth.com)

### About Men's Health Network

Men's Health Network is a national non-profit organization whose mission is to reach men and their families where they live, work, play, and pray. For more information visit [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow MHN on Twitter: @MensHlthNetwork

Contact: Sonny Patel, MPH  
202-543-6461 x 101  
[SonnyP@menshealthnetwork.net](mailto:SonnyP@menshealthnetwork.net)

### Contact Information

For more information contact Rachel Eldridge of Men's Health Network  
(<http://www.menshealthnetwork.org>)  
202-543-6461 x 101

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