

# DAD NOT DEAD

## Mental Resilience Mastery: 90-Day System

### About this Resource:

Complete progression from stress !' overthinking !' confidence

### Quick Insights:

1. Resilience is built in the small moments, not just the big ones.
2. You are not alone in the driveway; thousands of fathers are right there with you.
3. Reclaiming your identity as a man makes you a better father, not a more selfish one.

This is a placeholder for the full guide. Visit [dadnotdead.com](http://dadnotdead.com) for more updates.