

DAD NOT DEAD

Stop the Spiral: Your Overthinking Breakthrough Guide

About this Resource:

CBT techniques, mindfulness practices, and science behind rumination loops

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 for more updates.