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Press Release

From conception, to parenthood, to maintaining a healthy marriage, it's mostly a breeze...except when it isn't.

“By turns funny and poignant, Brett Grayson’s *What Could Go Wrong?* offers that rare Dad View of the joys and anxieties of parenting life.”
—Norine Dworkin-McDaniel, co-creator of *Science of Parenthood*

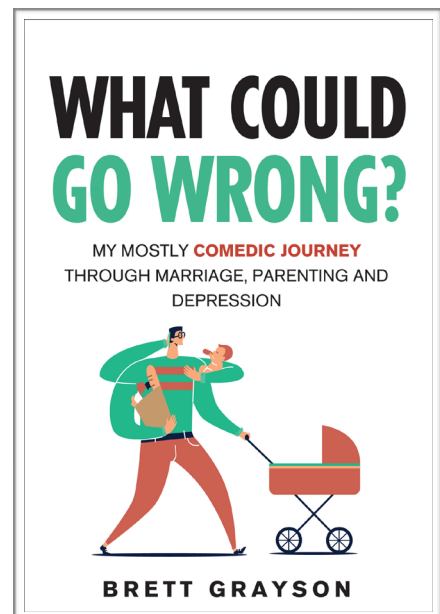
(New York, NY. January 15, 2019) *What Could Go Wrong? My Mostly Comedic Journey through Marriage, Parenting, and Depression* by Brett Grayson (ebook \$6.99; paperback \$14.95; Panman Press; January 15, 2019) is one family's journey through ten months of pregnancy (isn't it supposed to be nine months?), the first years of parental cluelessness, the terrible twos, threenagers, and the few years that follow when they begin to learn about a world that's even crazier than they are.

From conception, to parenthood, to maintaining a healthy marriage, it's mostly a breeze...except when it isn't. Grayson's brutally honest story lays bare pre- and postnatal complications; battles with his own mental health; and his son's diagnosis of the rare genetic disease, CLOVES syndrome.

Some of it is devastating. Much of it is overwhelming. And yet, throughout it all, *What Could Go Wrong?* maintains Grayson's signature humor and sarcasm.

Released on January 15, 2019, *What Could Go Wrong?* quickly became Amazon's #1 New Release in Fatherhood.

Copies of the book are available for audience giveaway. Half the proceeds from sales of *What Could Go Wrong* will benefit CLOVES Syndrome research.



Brettgraysonbooks.com

What Could Go Wrong? My Mostly Comedic Journey through Marriage, Parenting, and Depression

by Brett Grayson

Brett is available to speak about:

The absurdities of parenthood from a dad's perspective

- The book's introduction tells the story of a romantic Valentine's Day evening that is interrupted by their three-year-old daughter in a most unusual way
- Brett's [recent post on Scary Mommy](#) details his weekend alone with the children with his wife, Lauren, leaving him notes to read before each activity

The realities of raising a child with serious medical issues (CLOVES Syndrome)

- The book tells the story of Lauren giving birth and the moments and days following when they realized something was wrong, the difficult conversations that followed, and the challenges in their son's first two years
- Brett's piece for Scary Mommy, "[The End of Innocence](#)", describes a trip to Boston for an MRI with their four-year-old son, and trying to hide the realities of what he's experiencing from him to protect his innocence
- "[We're All Deformed](#)", posted to For Every Mom, details some of the obstacles his son will have to overcome, and what Brett wants his children to know about accepting others

His struggles with anxiety and depression and his wife's postpartum depression

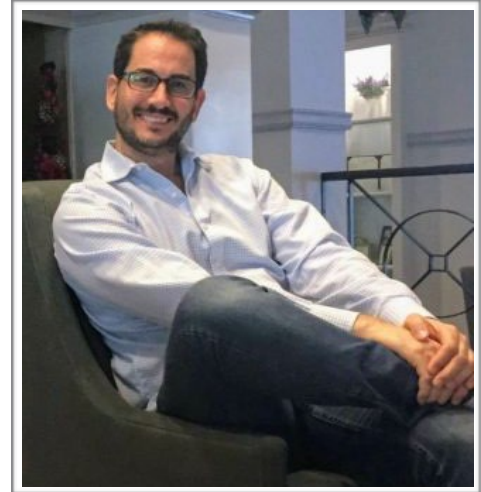
- Brett goes into his history with anxiety and depression, a topic that still has a stigma attached to it. He also tells the story of Lauren's fall into a deep postpartum depression following the birth of their daughter.
- In a piece for The Good Men Project, "[The Anxiety and Depression Stigma](#)", Brett presents a hypothetical of a patient deciding between a surgeon who needs medicine for high cholesterol with a surgeon who needs Xanax, to show the stigma that still exists with mental health.

["The Holiday Blues"](#) discusses the difference between Generation X and the Baby Boomers generation regarding being open about mental health

What Could Go Wrong? My Mostly Comedic Journey through Marriage, Parenting, and Depression

by Brett Grayson

[Brett Grayson](#) is the author of *What Could Go Wrong? My Mostly Comedic Journey through Marriage, Parenting and Depression*. His writing has appeared on Scary Mommy and The Good Men Project. A successful trial attorney with offices throughout the five boroughs of NYC and New Jersey, he lives in New Jersey with his wife and two children.



Praise for What Could Go Wrong?

“*What Could Go Wrong?* is a hilarious and absolutely colorful odyssey through fatherhood and the evolution of life that follows close behind. Brett has managed to find the lighter side of those heavy moments we’ve all endured—and had me torn at the seams with laughter.”

—Adrian Kulp, author of *We’re Pregnant! The First-Time Dad’s Pregnancy Handbook* and *Dad or Alive: Confessions of an Unexpected Stay-at-Home Dad*

“... his story is so full of heart and humor that even when things do go wrong, which they do, we don’t blame him for tempting fate. Rather, we root for the author and his family to overcome their obstacles. We embrace Grayson’s vulnerability and we laugh at his jokes (usually). Really, the only thing that could go wrong at this point is that you don’t read the book. In fact, better play it safe and buy two copies.”

—Whit Honea, author of *The Parents’ Phrase Book*

“This book was laugh out loud funny, poignant, sweet, and truthful. We as human beings share so many similarities in our adventures in parenting: the fatigue, the laughter, the confusion, the endless questions, the joy and [sometimes] the complications or things we don’t expect.”

—Kristen Davis, Executive Director, CLOVES Syndrome Community

“Brett’s writing is engaging, self-effacing, and meaningful. He’s funny without straining for humor. He explores his own vulnerabilities as a dad and as a man.”—

Mark Fasano author of *We Heart Dad*