



The Conscious Bride: Women Unveil Their True Feelings about Getting Hitched (Women Talk About)

By Sheryl Paul

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While family and future in-laws squabble over the menu and the table decorations, brides are supposed to sit, smile, and bask in the prospect of their happiness, even though that prospect is guaranteed to include the post-wedding depression that hits some 90 percent of women during their first year of marriage. This is a must-have book for any woman who has found the partner she wants to be with for the rest of her life and has made up her mind to celebrate that commitment.

Bridal counselor Sheryl Paul interviewed a diverse group of women who share their true feelings about the many concerns that can make an engagement a roller coaster of emotional ups and downs. Along with practical advice and support, you will find welcome acknowledgement of shared doubts and fears that so often run amok as wedding bells take their toll.

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Editorial Review

Review

From the Publisher

Those blushing brides deal with plenty of complex emotions before they make their way down the aisle. Anxiety over the planning of the wedding and stressful family issues, not to mention concerns about marriage itself, can make an engagement as much a trial as a pleasure. This frank look at a bride's inner life provides advance warning, support, and understanding for women getting married. Led by a counselor specializing in the issues of brides-to-be, a diverse group of brides share their true feelings about such issues as being given away, wearing a veil, changing their name, and closing the hotel room door only to find themselves suddenly - married. The author unravels the psychology behind common difficulties and offers practical advice for handling the fears and doubts that so often run amok as wedding bells take their toll.

About the Author

Sheryl Paul, MA, enjoys a thriving practice as a bridal counselor, helping brides-to-be cope with the many issues and transitions from the engagement, ceremony, and honeymoon through the first year of marriage. She is the author of **The Conscious Bride**. She has appeared on dozens of national radio and television programs to discuss her work. She lives in Los Angeles, CA, where she runs her business, Conscious Weddings.

Visit the author at her at her Web site: www.consciousweddings.com.

Users Review

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