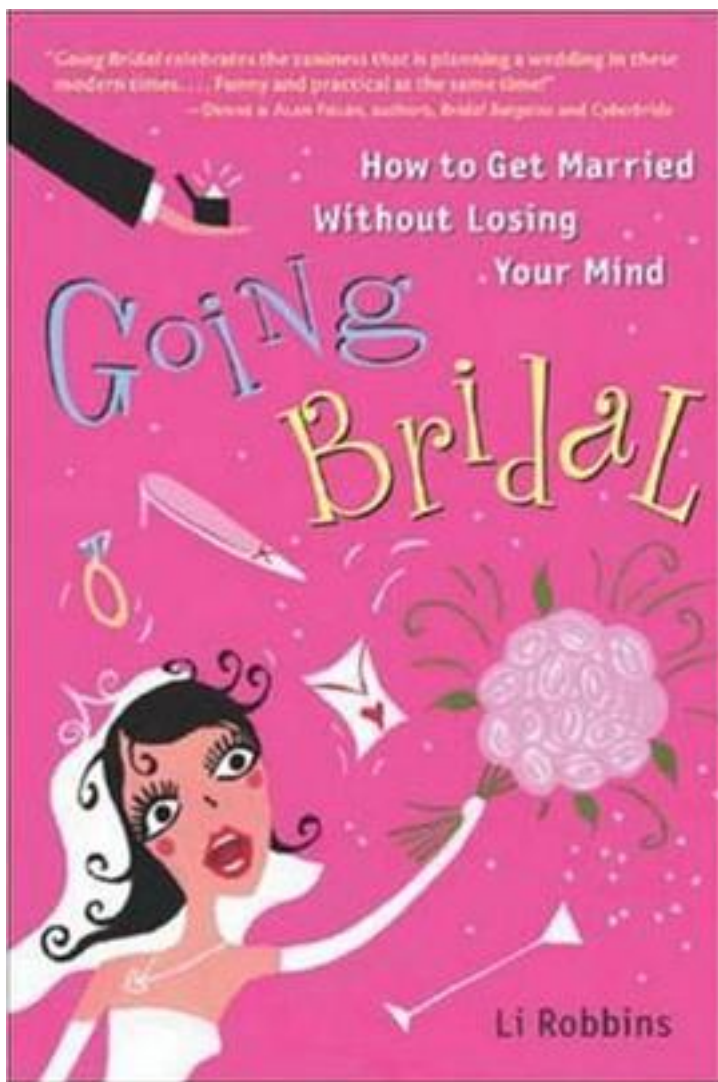


Going Bridal



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Why let the stress of wedding planning make you lose your sense of humour ...or your mind? When a typically savvy woman starts to feel like wedding planning is making her cuckoo, she's obviously ...going bridal! In these pages, journalist Li Robbins, who coined the term, takes a wise and witty look at the emotional overload that surrounds wedding planning and suggests healthy ways to get from 'Yes!' to 'I do!' Filled with helpful, humorous stories from women who have experienced "Going Bridal" firsthand, this fun, chatty survival guide puts it all in perspective. Brides will learn how to identify triggers, recognize the symptoms, and successfully treat this prewedding syndrome. Grooms will get a bride's eye view of the pressures facing their betrothed. Discover strategies other brides have used to keep their cool even when: your mother seems to think it's her wedding; your former friend from kindergarten just can't understand why she's not a bridesmaid; aunt Esmeralda bluntly announces; and 'never thought you'd marry him. 'Coworkers offer unsolicited advice on everything from your venue to your vows. Your caterer thinks vegetarian means chicken instead of beef. Your fiance's concept of wedding planning is repeating, 'whatever-you-want-is-fine-as-long-as-it-doesn't-cost-over-five-hundred-dollars'. This unique bridal guide focuses on the real secret to a successful wedding day - a sane and centred bride. Learn how to manage your going bridal tendencies from brides who've galloped down the bridal path ...and lived to tell the tale.

作者介绍:

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