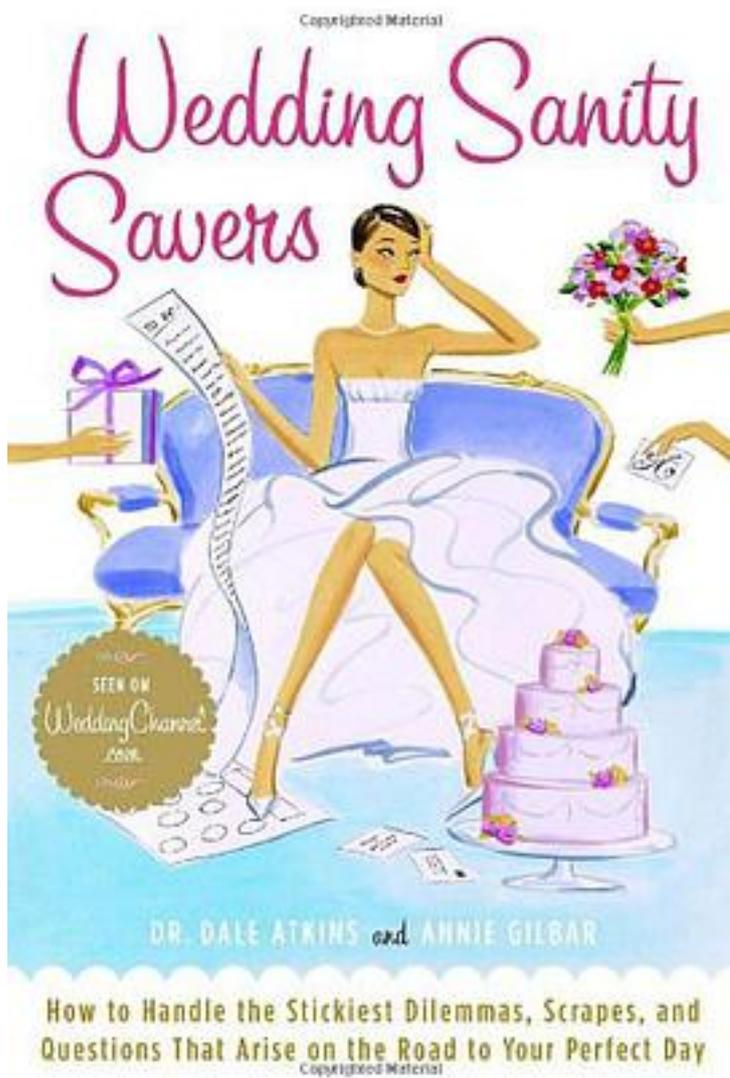


Wedding Sanity Savers



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As a bride, you worry about finding the perfect dress, choosing the location for the reception, and keeping your wedding expenses within a certain budget. But beyond the straight ABCs of planning a wedding lie the more personal, emotional issues that can threaten to unravel your perfect day: jealous friends, bratty bridesmaids, complicated extended families, and pre-wedding jitters. Thankfully, help is here! From wedding and relationship experts Dr. Dale Atkins and Annie Gilbar comes *Wedding Sanity Savers* — the ultimate troubleshooting guide for the sticky situations that arise on the road to happily ever after.

From the day you get engaged until the day you say “I do,” *Wedding Sanity Savers* provides fresh, frank advice that you won’t find in other wedding books. With over 300 Q&As from real brides that tackle issues including body image, friends and exes, divorced parents, in-laws, merging religions and cultures, money questions, planning mishaps, sticking up for yourself, and more, *Wedding Sanity Savers* gives you the strategies you need to make tough decisions, finesse difficult scenarios, stay true to yourself, and keep smiling throughout it all.

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