



## 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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### **By Sheryl Paul Bibliography**

- Sales Rank: #48951 in Books
- Brand: New Harbinger Publications
- Published on: 2000-12
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x 5.50" w x .75" l, .60 pounds
- Binding: Paperback
- 220 pages

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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](http://www.consciousweddings.com).

### **Users Review**

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##### **Linda Cunningham:**

As people who live in typically the modest era should be update about what going on or information even knowledge to make these people keep up with the era which can be always change and move ahead. Some of you maybe will update themselves by reading books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what one you should start with. This **The Conscious Bride: Women Unveil Their True Feelings about Getting Hitched (Women Talk About)** is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and wish in this era.

##### **Janet Smith:**

Typically the book **The Conscious Bride: Women Unveil Their True Feelings about Getting Hitched (Women Talk About)** will bring that you the new experience of reading the book. The author style to spell out the idea is very unique. In the event you try to find new book to see, this book very suitable to you. The book **The Conscious Bride: Women Unveil Their True Feelings about Getting Hitched (Women Talk About)** is much recommended to you to learn. You can also get the e-book through the official web site, so you can

quicker to read the book.

**Catherine Acevedo:**

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**Ralph Ainsworth:**

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