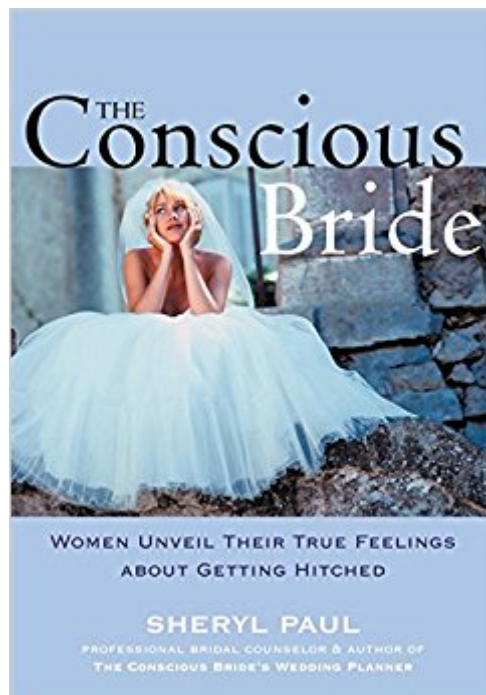




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# **The Conscious Bride: Women Unveil Their True Feelings About Getting Hitched (Women Talk About)**



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

Super ESSENTIAL book to read to all brides to be! There is SO much more to planning a wedding. There's SO much more to the external details of the journey toward the wedding ceremony and NO ONE talks about the other \*internal\* aspects and journey to becoming a wife. This book covers everything but the external details. This book acknowledges the energetic, emotional, and psychological shifts that every woman goes through, including the death/rebirth aspect of leaving behind one's singlehood and embracing a different role/archetype in the world. Sure, not much may change externally after becoming a wife, but internally, SO much happens that if you don't pay attention and understand that inner journey, not only will you miss it, but you'll misunderstand it and find yourself a mess, sometimes without reason. As a love/relationship coach for women, I always recommend this book to my clients once they become engaged. Do yourself (and your partner, friends, and family) a HUGE favor and read this book. I promise you will not regret it. Getting married is a huge rite of passage that America sees as this big whoa with tons of details and planning. This book is for women who want a more rich, spiritual, deeply transformational experience on their way of becoming a wife. These internal gifts will stay with you forever, as opposed to the toaster and vacuum you get.

Very helpful resource. I've been engaged for about three months and have about eleven to go. I read this straight through when I first got it, and now revisit it as needed as things come up. I am so glad I found this work and Sheryl Paul. I had not found much when it comes to the deeper process of engagement and the dynamics with family and such. This has been a godsend and helped me work through anxiety and overwhelm a few times already. I got her wedding planner from the library—A Conscious Bride's Wedding Planner, and plan to purchase it as well as I can no longer renew it! That has also been a very helpful resource. Her blog at the [conscious-transitions.com](http://conscious-transitions.com) is great too.

This book was very helpful to me. I didn't read the entire thing, and some pages I skimmed, but it really helped with all of the nervousness I was feeling, and helped me to understand where some of it was coming from. For those that bought this book and then complained that it wasn't how they were feeling at all...why the hell did you buy the book, then? Weird. For those that a wedding is nothing but rainbows and unicorns with perfect family's and the finances to cover it all, great. For the other 90% of the world, this book will help you through the stress of accepting this major POSITIVE

change into your life.

Upon getting engaged, after being together for over six and a half years, I felt myself wanting to vomit. There were just so many things running through my mind. If you're anything like me, and thousands of other brides out there, this is a **MUST** read. Don't torture yourself, you can seriously pickup a copy of this for practically pennies on the dollar and once you do, you'll be back to your normal doey-eyed bride-to-be self in no time.

I received a copy of this book 10 years ago when I got engaged. I've given it to many friends as an Engagement gift. I love this book because it offers easy to read, real world advice and personal experiences about some of the more negative aspects of weddings. Why do some people go crazy? Why is the maid-of-honor so bent out of shape about the brand of her shoes? Is it normal to hate your engagement ring? All these things are discussed in detail and more. I highly recommend it for anyone closely involved with a wedding.

This easy read was the perfect remedy for normal anxiety and hesitations that often exist for women about to become married. The book was extremely helpful and helped put situations, issues, and/or feelings into perspective - quickly. Some reviewers commented negatively about analogies and the amount of experiences shared in the book and all I can say is that some were very helpful - some were not. Like all self-help books, there are gems within this book that will help most brides (and grooms); and other pieces within the book that may not be so helpful for specific situations. Its very easy to skim over what is not helpful and slow down to absorb the helpful insights. Additionally, I found myself referring to the index for specific situations and referring to that particular topic as needed. Overall, this is extremely easy to read and the topics presented make complete sense. I (and my now husband) were (and continue to be) grateful for this book and I would highly recommend to anyone dealing with any sort of wedding or impending marriage stress or anxiety.

This is a good book for those of you about to get married and feeling a little overwhelmed by all the changes about to take place in your life. Marriage is an identity change for sure and this is a good way to ease your mind. However, although this book was good, the author seems a bit negative on marriage in general and I had no doubts about my decision to get married, I was just overwhelmed by whether or not I had what it took to be a good wife (and what does that mean anyway?). I recommend "What No One Tells the Bride..." by Marg Stark more highly, because it was funnier and

just matched what I needed better. But if you like reading, get both.

This book really hit the nail on the head for me. Merging your life with another person is such a big deal,,and sometimes it's messy. I knew I wanted to get married but there were days I felt scared, worried, or angry and it confused me. This helped me identify some of those moments and figure out why I was actually experiencing those emotions. most of the time, they weren't related to my fiancée as a person, they had to do with separating from my family, and the fact that I had to start living a lifestyle that truly considered another person. Great read.

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