

Emotionally, many women prepare more for a trip to the dentist than a trip down the aisle...

As a result, they go through one of the most important of life's passages unconsciously—and find themselves depressed and anxious as the wedding approaches and in the first years of their marriage. In *The Conscious Bride*, Sheryl Paul sounded an alarm bell about this. In ***The Conscious Bride's Wedding Planner*** (January 2004), she offers a rescue plan that every bride can use.

Sheryl Paul is a wedding planner like no other.

In 1998 she launched her business, Conscious Weddings, and has since helped hundreds of women navigate the often-difficult emotional terrain that leads to the altar. Through her work with her clients she has developed a groundbreaking program for addressing the unique issues of soon-to-be brides and newlyweds.

Her first book, *The Conscious Bride: Women Unveil Their True Feelings about Getting Hitched*, was a no-holds barred exploration of the “dark underbelly” of the wedding journey. Sheryl offered a first-of-its-kind and unflinching look at the taboo emotions of fear, depression, and anxiety that often descend upon a woman in the “blissful” weeks and months preceding her wedding. It was also an invitation to readers to examine their beliefs and assumptions about weddings and marriage, and to think about what lies beyond the big day.

Now, in ***The Conscious Bride's Wedding Planner***, she follows up that invitation with a clear, step-by-step guide for working through the seismic shifts in identity and lifestyle that a wedding engenders—and guides her readers toward creating an authentic and meaningful day. Where her first book validated the emotions that arise around a wedding, ***The Conscious Bride's Wedding Planner*** shows readers how to work through these feelings so they can arrive at their wedding feeling present, joyous, and serene and, more importantly, begin the marriage on a solid foundation.

Sheryl, who holds a master's degree in counseling psychology, is a professional bridal counselor and author. Through her counseling work, books, and Web site, she has shared her unique expertise with brides, mothers, and grooms worldwide, including India, England, and Australia. A much in-demand expert, Sheryl has appeared on dozens of radio and television programs, including *The Oprah Winfrey Show* and *Oxygen!*, and is often quoted in national and local print media.

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**THE CONSCIOUS BRIDE'S WEDDING PLANNER, 1-57224-345-7, (paper), \$21.95, 242 pages
Published in January 2004 by New Harbinger Publications,
5674 Shattuck Ave., Oakland, CA 94609**

Now every bride can be a conscious bride.

In *The Conscious Bride's Wedding Planner*, Sheryl Paul reveals the secrets of becoming a conscious bride, which up until now she's shared only with her clients.

A conscious bride...

- Sets a clear intention, along with her fiancé, for their wedding and marriage
- Lets go of her singlehood, not her independence
- Gracefully deals with the shifts in relationships to family and friends that a marriage brings
- Plans a wedding that is within her and her fiancé's means
- Plans a wedding that is a reflection of the couple's values, an expression of their love, and the first step in a lasting, meaningful union
- Explores her conscious and unconscious beliefs about what it means to be a "wife" in the twenty-first century
- Knows that although our cultural mythology tells us that the months and weeks leading up to the wedding should be blissful, it's normal to have difficult emotions like fear and sadness during this time
- Doesn't fall into the "perfection" trap
- Doesn't turn into "bridezilla"
- Allows the grief over old losses to spring up as her wedding approaches and discovers ways to work through it
- Is ready for a marriage, not just a wedding

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From in crisis to in control: How Sheryl helps women become conscious brides.

In her practice Sheryl routinely sees women who are traveling a common, yet—until now—uncharted path to the altar. They are anxious, depressed, and confused, and most of them are convinced that they're the only ones to ever slip into a pre-wedding tailspin. In *The Conscious Bride*, women like Sophia gave voice to this experience:

About six months before my wedding, I started having all these terrifying symptoms, like having a hard time eating and breathing. I had no idea what was happening to me and I felt like there was no one I could talk to about it... My instinct told me that this was related to the wedding, but the intensity of the fears made no sense in the context of how we usually view this event.

The skills that Sheryl shares in *The Conscious Bride's Wedding Planner* have helped hundreds of women like Sophia replace anxiety with serenity; depression with joy; and confusion with confidence. She can show your audience how to prepare emotionally, spiritually, and practically for a joyous wedding and a meaningful, lasting marriage.

The Emotional. Sheryl can show your audience how to:

- Validate, honor, and grieve the loss of singlehood and past losses that tend to surface around the time of a wedding
- Overcome “fiancé fear”
- Explore their expectations about married life
- Cope with the separation from family and friends that a wedding brings
- Stay calm and cool on the big day and throughout the preparation for it
- Cope with “postbridal blues”

The Spiritual. Sheryl can show your audience how to:

- Define their principles, set their intentions, and make their wedding an expression of their true selves
- Formulate a concept of “wife” that is in keeping with their values and the goals of their marriage
- Distinguish between the ideas about marriage that they truly believe in and those that have been instilled in them by family, society, and culture

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- Maintain the “I” within the “We”

The Practical. Sheryl can show your audience how to:

- Set and stick to a wedding budget and steer clear of the perfectionism that leads to overspending. She'll also offer tips for avoiding marketing ploys that can strain a budget.
- Ask for help and draw on their own talents and creativity
- Find the right dress, caterer, music, and location for the wedding. She'll also share insider information for getting these things on the cheap.
- Craft vows that are a unique expression of the love and hopes they share with their soon-to-be spouse
- Make plans for handling finances as a couple
- Make the bridal shower a meaningful ritual that reflects their beliefs about what a marriage should be
- Stay organized, calm, cool, and collected

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Raves for *The Conscious Bride's Wedding Planner*

“Sheryl Paul has written a splendid workbook that leads brides, step-by-step, through a sane, healthy preparation, not just for the wedding, but for every day thereafter. The exercises and explanations are clear, practical, fun, and powerful. **Anyone who ever wanted a wise aunt, or even fairy godmother, should grab this book.”**

~Terrence Real, author of *How Can I Get Through to You?*

“The Conscious Bride's Wedding Planner is an important guide through one of life's most vulnerable and exciting times. **The author casts new light on an old subject, making clear that the natural wisdom in a woman's own heart is the best bridal consultant** she could possibly have.”

~Marianne Williamson, best-selling author of *A Woman's Worth* and *A Return to Love*

“Don't even think of getting married without this book. The wisdom and practical advice in these pages can save your sanity and shore up your relationships with your fiancé, family, and friends during this crucial rite of passage.”

~Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom*

“Finally, a wedding planner that puts the REAL needs of the bride first! I was amazed when I read *The Conscious Bride*, but *The Conscious Bride's Wedding Planner* really brings together everything a bride-to-be needs to know between two beautifully designed covers. **I will be recommending this book to every bride who walks through my doors.”**

~Christine Humston, Wedding Planner, Washington DC

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Raves for *The Conscious Bride*

“*The Conscious Bride* offers engaged women the information they need to approach their wedding day with serenity and begin their marriage on a healthy foundation. If there’s one book that will help women with a smooth wedding transition, this is it.”

~**John Gray**, author of *Men Are from Mars, Women Are from Venus*

“*The Conscious Bride* captures the true meaning of marriage as initiation. It deals with every detail of the rite of passage of the wedding, honoring the holding of the tension between conflicting emotions. Splendid!”

~**Marion Woodman**, leading Jungian analyst and best-selling author of *Addiction to Perfection: The Still Unravished Bride* and *The Pregnant Virgin: A Process of Psychological Transformation*

“*The Conscious Bride* is a wonderful book to help women prepare themselves for their wedding, not just on the outside, but on the inside! The stories are inspiring, comforting, and beautifully presented. Every bride should read this book.”

~**Barbara De Angelis**, author of *Secrets about Life Every Woman Should Know*

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