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Emotionally Engaged: A Bride's Guide to Surviving the "Happiest" Time of Her Life

Allison Moir-Smith

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From the country's foremost expert on "cold feet," a smart and compassionate guide for the bride-to-be who thinks she should be blissfully happy—but is freaking out instead

For most brides, the elation of engagement is accompanied by a cocktail of unexpected emotions: Anxiety about making a lifelong commitment. Sadness about leaving their single life behind. Confusion when even simple decisions—*should we serve chicken cordon bleu or beef Wellington?*—bring them to tears. Worst of all, since everyone around them expects them to be happy, few brides feel there's anyone to turn to with these conflicting feelings.

Written by one of *Modern Bride*'s "25 Trendsetters of 2006"—and targeting the 2.5 million women who get engaged each year—*Emotionally Engaged*is the only book geared toward helping brides survive their engagements and emerge as stronger, happier, better- adjusted married women. In the book, Allison Moir-Smith shares her threestage, tried-and-true process from her workshops and individual therapy sessions, along with the stories of over a dozen brides-to-be and newlyweds, helping readers transform their bridal blues into bridal bliss.

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