

She's Gone Bridal! - Liz Razin

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Don't Lose Your Head on Her Big Day! Welcome to the Bridal Zone, an alternate universe where logic and reason cease to exist, and wedding madness rules. So what's a girl to do when her BFF turns into a BFH (Bride from Hell) and is determined to take everyone down with her? In this lifesaving book your very own PBT--Personal Bridal Therapist--will guide you through the nine stages of life with the bride-to-be. 1. Denial: Is she really marrying him? 2. Diagnosis: Early detection of "bridezilla" behavior 3. Masquerading: Playing the part of "good" friend 4. Anger: Managing meltdowns without having to say you're sorry 5. Transference: Reap the benefits of the bride without all the fuss! 6. Fixation: Stop obsessing over her wedding! 7. Family Therapy: There really is someone worse than your relatives 8. Catharsis: How to create wedding well-being on the big day 9. Withdrawal: What to do when the invitations stop coming "A must-read for any BFF, friend or family member likely to be pulled into the bridal tornado." --Leslie Milk, author of *It's Her Wedding But I'll Cry If I Want To* "Wise and compassionate advice. . .will make you laugh through your tears. . ." --Anne Goldfield, Ph.D., Clinical Psychologist Liz Razin knows all too well the plight of the bridal attendant, having been a bridesmaid eight times and a maid of honor four. Inspired by the trauma of bridesmaiddom, she used the psychology skills she honed at Tufts University to write *She's Gone Bridal!* Liz's work has appeared in *The Boston Phoenix*, *Stuff@Night* magazine, and the *Associated Press*. Currently, she is a partner at a New York advertising agency and lives dangerously close to Bloomingdale's. . .where she gets many of her bridesmaid dresses. Author: Razin, Liz Publisher: Citadel Illustration: N Language: ENG Title: *She's Gone Bridal!* Pages: 00224 (Encrypted EPUB) On Sale: 2009-04-01 SKU-13/ISBN: 9780806529394 Category: Self-Help : General Category: Reference : Weddings Category: History : Military - World War II

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