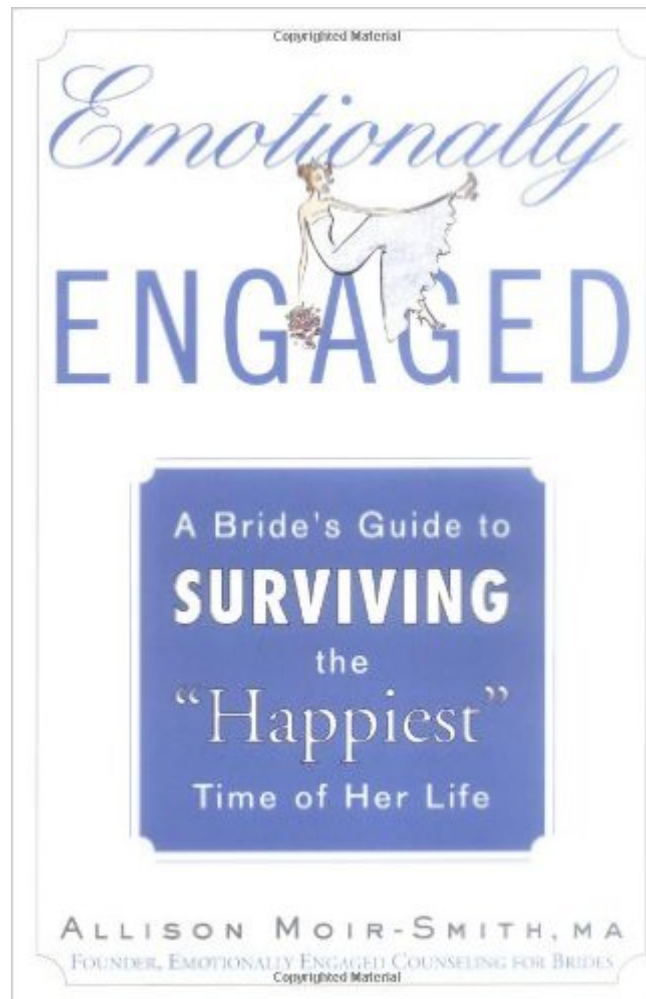


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# Emotionally Engaged: A Bride's Guide To Surviving The "Happiest" Time Of Her Life



## Synopsis

For the bride who thinks she should be blissfully happy but is freaking out instead; a smart, compassionate guide to surviving the emotional upheaval of engagement. At last; you're newly engaged, with a beautiful ring on your finger and a great guy on your arm. There are parties planned in your honor, and you've found the dress of your dreams. This should be the happiest time of your life, right? Not necessarily. The elation of engagement is often accompanied by a cocktail of unexpected emotions: Anxiety about making a lifelong commitment. Sadness about leaving your single life behind. Confusion when even simple decisions; should we serve chicken cordon bleu or beef Wellington?; bring you to tears. Worst of all, since everyone around you expects you to be happy, few brides feel there's anyone (who won't judge them) to go to with these conflicting feelings. Emotionally Engaged is the guide distressed brides-to-be can turn to for help in determining which of these emotions are normal and even necessary, and which might indicate a real problem. Psychotherapist Allison Moir-Smith, founder of Emotionally Engaged Counseling for Brides, shares with readers her three-stage, tried-and-true process from her workshops and individual therapy sessions, offering insight, guidance, tips, and techniques for becoming an emotionally engaged bride; and wife.

## Book Information

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## Customer Reviews

Amazing!! I thought I was completely insane for being sad only 2 months into my engagement with 13 months to go until the wedding. If you are stressed or sad during your engagement or know someone who is, this book is a must read. Allison Moir-Smith destroys all the myths about weddings

and planning them. My favorite is "a wedding is just a big party" to which she responds "Really? How many parties have you gone home from with a husband who can make life or death decisions for you, a new branch on your family tree and possibly a new last name?" She also explains that if you are obsessing over certain aspects of your wedding, there is a reason for it. I'm still stressed, but much better equipped to handle it and take a step back and realize that this is an emotional time in my life and that it's ok to let emotions...ALL of them in.

No one tells you about the rite of passage that commences once you're engaged and transitioning from single to married life. Hollywood would have us believe that we should be a bundle of giddy joy from dawn to dusk. You should be happy - grateful even - you're engaged! But, in fact, like any major life change, it requires adjustments, and Allison Moir-Smith is a lifeboat in choppy waters. She explains just how normal it is to have the feelings you're having, and knowing that you're not alone and that what you're experiencing are normal growing pains helps immeasurably. Easy to read with lots of helpful exercises (check out the "cold feet alerts") that help you discern whether your feelings are simply fear or whether you should head for the hills. Freaking out? Not sure why? BUY THIS BOOK! I've read a few of the books available on this website - if you can only pick one, this is the one.

This is the BEST BOOK I've read so far on the EMOTIONAL aspects of being engaged and getting married! Before I read this book, I was freaking out about getting married and everyone around me was so "oh you're so lucky," and "oh, how's the wedding planning going?" And "wow, aren't you just the happiest ever?" And you know what, yes, I am lucky and I am happy, just not 100% of the time. The wedding planning is great, but beyond that, there's a marriage about to happen here and that's sometimes scary and often very emotional...but in our society, we're not allowed to talk about that...it's all about the wedding and planning and the ring and so on...and that's all fine and dandy and great....but in reality, it's a big huge life change that is unlike anything else in the world! I think when people get engaged there's this misconception that it's ALL fun and games and ALL happy go lucky times...and that's just not true. Yes, this IS the happiest time of my life, but it's also, much to my surprise, THE MOST EMOTIONAL TIME OF MY LIFE!!! This BOOK MADE IT OKAY TO SAY THAT...this book made it "normal," to feel that way without apologizing for it or feeling like I was weird. I have such a SENSE OF PEACE now that I've read this book! It's very CALMING and RATIONAL...even during moments of irrationality!!! LOL! This book is very well written and thought out and it's full of absolute truths! This book reminded me that being engaged, while happy and

wonderful, is also the single biggest life change one will ever make (aside from becoming a parent, of course)! I laughed and cried while reading this book and I read it one night, because I simply COULDN'T PUT IT DOWN. This book makes it OKAY to FEEL ANYTHING....from happy and great to sad and crying...it talks about the mood swings, the other relationship changes you go through (parents, family, friends), the reality of day-to-day life with your fiancé (probably more fighting than usual) and most of all, this book, for me, held a mirror up to me, my emotions and my life...and as it turns out, I'm not that crazy after all! It was so COMFORTING to know that I'm not the only one who feels the way I do about being engaged...and best of all....This BOOK ALLOWED ME TO ENJOY MY ENGAGEMENT more than ever before! This book has allowed me to get EXCITED about planning my wedding and getting married.... and not be so scared about actually doing so. This book has allowed me to look at things in perspective and realize, yet again, that I do want to marry my fiancée' and my cold feet has/had NOTHING to do with him what so ever....it's normal to second guess yourself and your fiancée' and it's also normal to have an identity crisis too!!! While reading this book, I realized that this is all a big huge normal phase and I'll adjust...it made me grateful to feel what I'm feeling because now I can name it, claim it and move on. If you're engaged and feeling overwhelmed, stressed, sad and even depressed, please don't feel guilty about it...read this book and you'll realize that you're clearly not alone! This book is HONEST, COMFORTING, EMOTIONAL and WONDERFUL! Whether you're newly engaged or have been for a while....I highly recommend taking the time to read this book!

Discovering what it "really" feels like to be engaged--after years of watching romantic comedies and dreaming about my own far-off, future wedding--was truly one of the biggest surprises of my life. Sometimes, being engaged to my beautiful, wonderful fiancé felt blissful and exciting, like I always thought it would. But at other times it felt absolutely terrifying, and I was convinced that I was starting to go crazy. Even worse, my family and friends--so eager to discuss with me the minutest details of wedding, dress, flowers and cake--acted uncomfortable or changed the subject whenever I tried to explain how I was "really" feeling. If this sounds anything like you (or someone you know), read Moir-Smith's book. It's not the only book out there on the topic of women's transitions from single to married life, but one of the things that sets Moir-Smith's book apart is that it's so enjoyable to read. Even as she discusses the decidedly unromantic emotional challenges newly engaged women face, the author maintains a cheerful and optimistic tone, helping anxious readers remember that this IS an exciting time and that marriage IS something to look forward to. Reading the book was like having the benefit of a professional counselor and a wise and supportive girlfriend all in one

(Moir-Smith shares her own engagement and early marriage experiences throughout the book). I particularly appreciated Moir-Smith's discussion of the positive emotional adjustments that can accompany the first year of a healthy marriage--it doesn't HAVE to be a gloomy period of post-wedding depression (by the way, I am now nine months into my marriage and loving it!!).

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