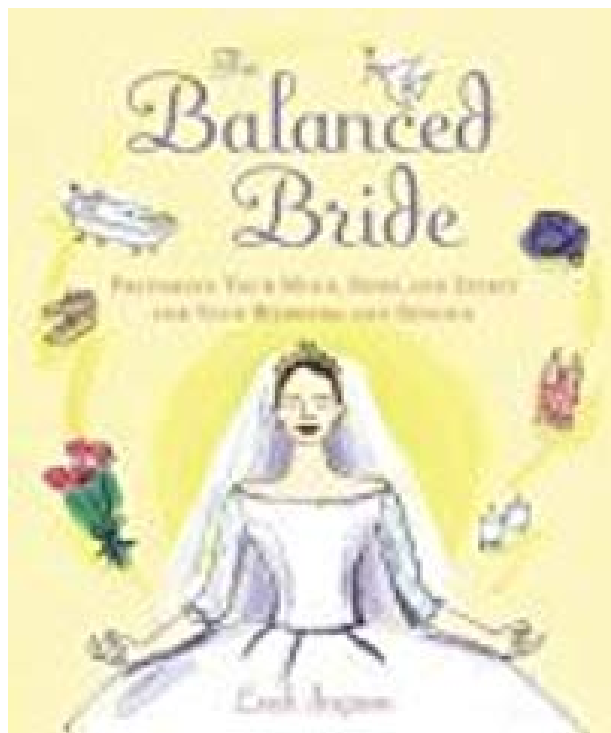


# The Balanced Bride: Preparing Your Mind, Body, and Spirit for Your Wedding and Beyond



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The Balanced Bride, by house author Leah Ingram (The Portable Wedding Consultant, Your Wedding Your Way, You Shouldn't Have, etc.) concerns an oft-neglected aspect of being engaged; namely, the bride's mental, spiritual, and physical health. While spending hours researching and securing the perfect reception site, invitation, ceremony wording, attire, honeymoon, gift registry, and so on, many brides scrimp on taking care of themselves and their relationship with the groom. All of this often results in a stressed-out bride who does not truly enjoy her engagement, barely remembers the joy of her ceremony and reception, and--worst of all--misses the larger, more meaningful, picture of what it means to get married. Even top bridal designer Vera Wang recently confessed that she was so stressed walking down the aisle in 2001 that she didn't know if she'd remembered her veil! The Balanced Bride is a unique guide to navigating an engagement and laying the groundwork for a strong and lasting marriage. In this book, veteran bridal author Leah Ingram breaks down the topic of nurturing the bride into three main areas: Mind, Body, and Spirit. Writing in the friendly, accessible tone for which