

Blissful Wedding Planning: Becoming a Stoic Bride

Planning a wedding can be a stressful experience, but it doesn't have to be.

In her new book, *Blissful Wedding Planning: Becoming a Stoic Bride*, author Sarah Jane Doe shares her secrets for planning a wedding that is both beautiful and stress-free.



Blissful Wedding Planning: Becoming a Stoic Bride

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1044 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 253 pages
Lending	: Enabled



Doe, a certified wedding planner and ordained minister, has helped hundreds of couples plan their dream weddings. She knows firsthand the challenges that couples face, and she has developed a unique approach to wedding planning that is based on the principles of stoicism.

Stoicism is a philosophy that emphasizes the importance of virtue, reason, and self-control. Stoics believe that we can control our own thoughts and emotions, and that we should not be affected by external events.

These principles can be applied to every aspect of wedding planning, from choosing a venue to dealing with difficult vendors. By following Doe's advice, couples can learn to stay calm and composed throughout the planning process, and they can create a wedding that is truly their own.

In Blissful Wedding Planning, Doe covers every aspect of wedding planning, including:

- Choosing a venue
- Hiring vendors
- Creating a budget
- Planning the ceremony
- Planning the reception
- Dealing with stress

Doe also includes worksheets and exercises to help couples put her principles into practice.

If you're planning a wedding, Blissful Wedding Planning is the book for you.

With its practical advice and inspiring stories, this book will help you plan a wedding that is both beautiful and stress-free.

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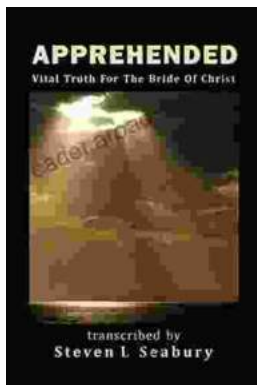
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