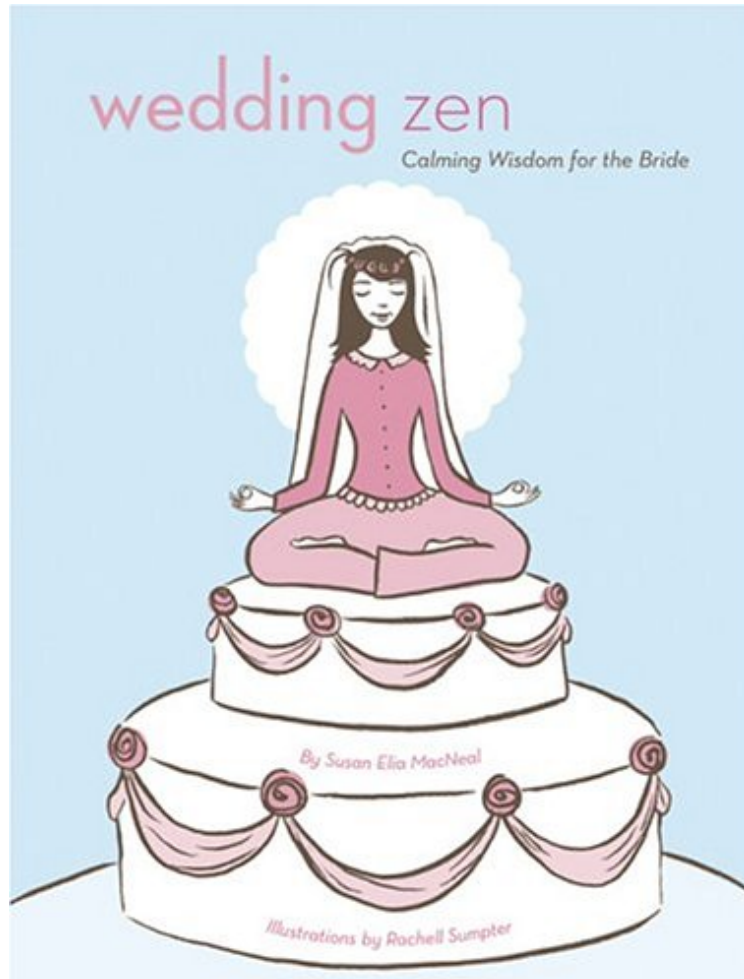


(Download pdf ebook) Wedding Zen: Calming Wisdom for the Bride

## Wedding Zen: Calming Wisdom for the Bride

*Susan Elia Macneal, Rachell Sumpter (illustrator)*  
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**Susan Elia Macneal, Rachell Sumpter (illustrator) : Wedding Zen: Calming Wisdom for the Bride** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wedding Zen: Calming Wisdom for the Bride:

0 of 0 people found the following review helpful. Bridezillas-to-be should read thisBy VivaI'm rather an anti-bride myself, so this book suits me just fine. It was actually written by a friend of a pen pal, and I bought it on the pal's recommendation. It's filled with simple, sensible advice and tips on how to be Zen about your wedding instead of driving yourself and everyone else crazy. Any would-be Bridezillas should read every word of this and take it to heart.3 of 3 people found the following review helpful. Life-long LessonsBy Jessica SHonestly, I think I would have been a mess had I not read this little gem. Two concepts from the book are forever a part of my life:1) Be present2) Hold lightly to materials things/plansThe second concept was put to the test only a few months after I bought this

book. We had already signed the contract with the museum where we were married when we had our first meeting with their exclusive caterer. The facilities director/event manager at the museum had failed to tell us about the caterer's \$8,000 minimum order policy (we had budgeted \$4000 for a 90 guest, light hors d'oeuvre reception), which we wouldn't have chosen this place had we known up front. Instead of falling apart (as I'm very prone to do!), I remembered I had promised to 'hold lightly' my plans and was able to focus on having fun with the whole process. Note: the references to specific spiritual principals are few; it is very inclusive in nature. It is truly a diamond in the rough - a must have gift for a bride-to-be! (btw - we ended up negotiating the catering for \$4000 and we could never have planned a more perfect day!) 7 of 7 people found the following review helpful. Calming and humorous, a real sanity-saver! By Heather  
Incredibly insightful! I was originally "put off" by the title because I'm not a student or practitioner of Zen philosophy, and in fact, am not particularly "spiritual." However, I picked up this book out of curiosity, and I am SO glad I did! This book is for any bride experiencing the occasional, or persistent, feelings of anxiety or stress while planning. Not only is it filled with incredibly helpful practical advice to find some calmness in your wedding planning whirlwind, it's also very humorous and entertaining! Completely different from any other wedding book out there, this will definitely compliment any books you may already have. And it's small enough to toss in your handbag for ready access any time stress strikes! It's not a big or long volume, but it's all about quality over quantity here. Get this book and kiss your days of being a frantic, stressed-out bride goodbye!

For stressed-out brides-to-be, finally there's an alternative to last-minute elopement: *Wedding Zen* is an oasis of calm amidst the chaos of planning a wedding. By applying the classic teachings of Zen to time-honored nuptial traditions, this darling book shows that a little namaste can improve The Big Day in a dramatic way. Drawn from Zen teachings such as staying mindful of worldly attachments (remember: it's the thought, not the gift, that counts!) and surrendering the ego (but she's your mother, and you love her), here are dozens of tips for warding off trouble in nirvana. *Wedding Zen* packs a bouquet of wisdom into a charming, beautifully illustrated volume, making this a perfect bridal shower gift. So when preparations get a little crazy -- or a lot crazy -- relief for the bride, and good karma for the giver, is close at hand.

From Publishers Weekly  
This little book wisely and warmly offers "a philosophy of wedding planning, loosely based on... Zen Buddhism." The basic rule, says MacNeal, is to stay in the present moment and not obsess about the future, "giving up the illusion of control." Staying in the present moment also means truly enjoying the engagement without dreaming unduly about the "perfect" wedding day, and then being frustrated or disappointed with things (and people) as they are. While the book draws upon Buddhism broadly defined, MacNeal applies specific Buddhist precepts successfully and creatively to the particular preoccupations of a bride planning her wedding. For example, women hoping to shed pounds before the big event are encouraged to adopt "the middle weigh," emphasizing mindfulness and moderation in both eating and exercise; brides can make wedding decisions using the "right effort" provision of the Eightfold Path. With MacNeal's sensible and witty advice and artist Rachell Sumpter's hip, arresting illustrations, this small book will make a perfect gift for the bride in the lotus. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.  
About the Author  
Susan Elia MacNeal has been a bridesmaid in too many weddings to count. A writer and editor, she lives with her husband in New York City.  
Rachell Sumpter is a California-based illustrator whose work has graced many publications, including *Budget Living*, *Bust*, and *The Boston Globe*.