



## Mother of the Bride: Refreshment and Wisdom for the Mother of the Bride

*Cheryl Barker*

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Mothers in today's world wear many hats and struggle to keep the stress in their lives at manageable levels. Add the delightful but demanding new hat of mother of the bride (MOB) to the roles they are already juggling, and you have a host of middle-aged moms pushed to their limits, in desperate need of an empathetic voice and moments of nourishing relaxation. While trying to maintain life as they knew it before their daughters' big announcements, MOBs are called upon to magically morph into wedding planners, help their daughters navigate the journey to the altar, and establish new and loving relationships with their prospective sons- in-law and their families. With all focus, financial and otherwise, dedicated to the brides and the weddings themselves, the needs of mothers of the bride are overlooked. Mother of the Bride will help MOBs step away from the hurried pace of daily life complicated by a demanding new role. It will offer them the refreshment found in discovering community as they take time for themselves time to be encouraged, to gain helpful insight and practical tips, and to enjoy the feminine beauty of a book designed just for them. Through essays featuring relevant quotes or Scriptures, personal stories, nuggets of wisdom, simple suggestions for personal pampering, journaling opportunities, communication aids, and practical tips for wedding planning, Mother of the Bride will nurture the all-important but too often neglected mother of the bride.



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