



### Kadison's Top Tips

1. **SAVOR** the days right after you get engaged. Don't even think of setting the date or making an appointment for at least a week!
2. **APPRECIATE** your bridal party. "They deserve it," Kadison says, "but also, maids who feel appreciated are less likely to reject a 'no open-toed sandals' rule."
3. **CALM** your nerves pre-ceremony by filling the bridal suite with fresh scents like lavender. When walking down the aisle, keep your gaze on your groom and remember: It's about your love, not about everyone looking at you.

period is a big part of the wedding itself, so it should be more fun than frenzied. "It's like riding the rapids," she says. "You'll have smooth sailing and then it will be bumpy. You need to navigate it. It's okay to get upset, but then deal with it and move on."

Among Kadison's offerings are destressing exercises (close off your right nostril with your index finger and breathe through your left one only, for one to three minutes); rules for good sleep ("Don't take a wedding-planning call from Mom at 10:00 at night!"); and a list of foods to avoid pre-wedding, including carbonated drinks and pickles. She also advises couples to set a budget right away and to choose a bridal party strategically (your most supportive, not necessarily oldest, friends).

One of her biggest goals is to get all of her brides and grooms to articulate what they want for their wedding, even if parents are paying for part of it. "If you're staying within parameters set at the beginning, don't feel guilty," Kadison says. She'll even help the parents if needed; recently, when one groom's mother felt excluded from the planning, she helped her take a positive, proactive approach through role-playing. And for those who are stressed post-wedding, Kadison offers newlywed coaching, too. —Betsy Goldberg

## Wedding Whisperer

From conquering to-do lists to easing interactions with in-laws, it's all in a day's work for bridal coach **Jeri Kadison**, who shares some strategies here

**L**ET'S FACE IT: EVERY BRIDE HAS SOME TEAR-FUL, hair-out moments, whether it's negotiating a contract or handling the hundredth request from a picky maid. When Jeri Kadison, a clinically trained speech pathologist, realized five years ago that her communication-therapy skills could apply to these types of situations, she launched Complete Bride, a bridal coaching service, "to keep brides on the happiness track." So far she has aided hundreds of brides, grooms and family members through individual and group sessions, and seminars that have been dubbed "prenuptial Lamaze."

To start, Kadison urges clients to see that the planning