



Coupling her therapy degree and extensive experience in the wedding industry, Mary Dann-McNamee offers advice and guidance to wedding planners throughout the country through career counseling and a 3-day mentorship program (a chance to shadow Mary as she produces a fabulous celebration). In January 2008 Mary launched gifts and stationery on her website which includes The Mary Dann Collection: These items can be purchased on her website along with her inspirational DVD's: "The Path of the Wedding Planner" and the "The Balanced Planner". Mary published her first book "Wedding Wisdom" in Spring 2009, filled with tips, insights, forms and photographs for planning a perfect wedding for yourself or clients. www.info@marydann.com

Your Wedding

CREATING HARMONY FOR YOURSELF AND YOUR GUESTS

BY MARY DANN-McNAMEE

Creating inner peace during the whirlwind of wedding planning is crucial to your well being during this exciting time. Undo stress can potentially create disharmony, but you are in control of how much serenity you choose to preserve. Sometimes outside opinions may hinder your inner calm, causing worrisome thoughts and feelings. How can you create more harmony and joy? Listen to others and let them know they are heard, even if you feel you are right. Being heard is not agreeing with them. Chances are once you give someone else the stage to express their thoughts, they will more than likely listen to your point of view. Your parents may be paying for the wedding, but you control your own

stress level. Worry less about others' words and actions, as their opinions spring from their own limited experiences. If their advice or opinion rings true, invite it into your mind or heart. If not, thank them for their thoughtful contribution, but don't feel obligated to act upon it. You can only change yourself, so don't expect others to change, even if it is your wedding. When you change or shift you allow and often inspire others to do the same.

A planner can remove any stress you wish to banish. It is rare to hear a bride regret hiring a wedding coordinator. You must feel confident with your planner, relax and enjoy the process. A coordinator is a financial plan-

ner, creative director, therapist, coach and movie producer all wrapped up in the best maid of honor any one could ask for. They bring an entire team whose personalities will blend with your guests.

One way to help alleviate stress is to get a professional wedding coordinator that is able to:

- Balance your vision regarding your budget
- Offer insight into every aspect of planning, including the many vendor duties
- Creatively add your unique style by listening attentively
- Promptly execute with kindness and be courteous towards your family and friends.



As one of the most sought-after event coordinators in Southern California, Mary Dann-McNamee and her team of wedding and party coordinators have been responsible for detailed event planning and creative party consultation to many corporations and families throughout the country since 1991. They are known for their commitment to surpass their clients' expectations and have created intimate weddings and extravagant upscale affairs for a long list of clients, including many of Hollywood's elite.

Mary has planned weddings for designers, writers, catering managers and for corporations like O'Melveny Myers, Sony Music, Vogue Magazine, IMG, Nautica and Cloudbreak Entertainment. In addition she has worked on nuptials for clients from Pro Athletic Teams, such as Kobe Bryant, Austin Croshere and Malcolm Johnson.

Mary's passion for the industry has led her down many paths, including becoming a contributing writer for "Inside Weddings" magazine, "Ceremony" magazine and an on-air talent for many nationally syndicated television shows. These shows are Style Network's "Whose Wedding Is It Anyway," "Married Away", and WE Network's "Platinum Wedding" plus a special segments of "Top Ten Wedding Destinations". Mary believes that it is her job to make her client's dreams come true, so more than just finding the perfect location for a wedding, she makes it her priority to get to know who she is working with so she can instantly relieve the stress and confusion of the process.

Mary attributes her calming nature to her other passion -- she holds a Masters Degree in Clinical Psychology with an emphasis in Marriage Family Therapy. Her work with individuals and couples strengthens her listening skills and creative vision when it come to her planning ability. **EL**

4 HELPFUL TIPS FOR REDUCING STRESS THAT HAVE WORKED FOR OTHERS...

SPIRITUALLY:

Thank God, the Universe or your higher power each day for bringing you to the connection and commitment of your future spouse. In this city of much non-commitment and abundant choices, consider yourself blessed to have connected with your soulmate.

EMOTIONALLY:

Remember whoever is supposed to be at your wedding will come and whatever occurs, regardless of planning, is meant to happen. You did your part and invited your guests to a wonderful celebration filled with laughter, joy and beautiful memories. Allow them to do their part and partake with a loving attitude. If they don't, it is no reflection on you.

PHYSICALLY:

Please remember to Breathe. There will be challenging times during the planning process and taking deep breaths throughout the day will help minimize the impact of potential stressors. Remember to exercise, eat right, and get more frequent massages. A good massage will help you remember to breathe and be in the moment. Remember to spend time with your future spouse, without discussing the wedding plans. The planner (usually the bride) can easily get caught up in the details of a perfect day and the partner (usually the groom) just wants to enjoy life with the future spouse, just like before the proposal.

FINANCIALLY:

Work out a budget that is feasible with your vision. Most often a budget from the internet is not accurate for an LA-area wedding. Usually the lower the budget the higher the amount of duties to be done by the couple and/or their families. A wedding with quality vendors can cost \$400 and up per guest for everything. (i.e. for 100 people plan on spending at least \$ 40,000 for a wedding that may be close to what you may see in print.)