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## **The First Dance, LLC**

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# **PRESS RELEASE**

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**Memo to Brides- and Grooms-to Be: Finally, grounded advice on how to manage the people stress of wedding planning.**

**The First Dance, LLC wins a Modern Bride Trendsetter award for helping couples with the family dynamics of wedding planning.**

Saint Paul, MN May 8, 2007 –

The First Dance, LLC has won a 2007 Modern Bride Trendsetter Award for helping couples with the hardest part of planning a wedding: dealing with the people involved. With wit and wisdom such as the admonition “Do not mock the ways of your in-laws, strange though they may be,” The First Dance helps couples work as a team in making decisions and relating to their families. It’s the first premarital education program to be recognized and honored by the bridal industry.

“Our advice hits a real pressure point for nearly every engaged couple because bringing two families together is never easy, and let’s face it, some relatives are very difficult. Unfortunately, most advice out there in wedding land is pretty simplistic and often backfires. Our approach is grounded in an understanding of family systems,” says William J. Doherty PhD, family therapist and author of *The Intentional Family*, who, along with his daughter, Elizabeth Doherty Thomas co-founded The First Dance. The First Dance provides advice to engaged couples in three formats the book *Take Back Your Wedding* (available on Amazon.com), The First Dance DVD (available on [www.TheFirstDance.com](http://www.TheFirstDance.com)), and personalized wedding stress coaching via telephone ([www.WeddingStressCoaching.com](http://www.WeddingStressCoaching.com)).

Elizabeth Doherty Thomas, reflecting on her own experience as a bride, remarked, “*I realized that planning a wedding brings up all the conflicts you will experience when you are married but nobody warns you about these or has good advice on handling the new in-law relationships or new relationship with your own parents.*”

The First Dance, designed not only for engaged couples but also their parents, wedding coordinators, clergy and vendors involved in the wedding day, provides unique guidelines for stressful situations such as when parents are divorced, wedding party members act out, and impossible relatives try to steal the show. The First Dance, LLC is available online at [www.thefirstdance.com](http://www.thefirstdance.com) and through religious organizations and premarital education centers. For further information, contact William J. Doherty, Ph.D. at 612-625-4752 or Elizabeth Doherty Thomas at 651-895-6919. ###