



Mary Jo Rulnick

www.GoodBrideBadBride.com

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About Mary Jo Rulnick

Mary Jo Rulnick is the founder of Good Bride Bad Bride. She coordinates more than 50 weddings a year, ranging from budget-conscious celebrations to upscale. During her fifteen-year career as an events planner, she has organized more than 400 events for all ages including White House staff members, NBA families and NFL players. Mary Jo is the author of *The Frantic Woman's Guide to Feeding Family and Friends* (Grand Central, formerly Warner Book Group), co-author of *The Frantic Woman's Guide to Life* (Grand Central), *The Frantic Mom's Countdown to Easter* (Amazon Shorts) and *The Frantic Cook's Countdown to Thanksgiving Dinner* (Amazon Shorts). She's a regular TV and radio guest, appearing on stations across the country and has been quoted in national magazines, such as *Allure*, *Better Homes and Garden*, *Family Circle*, *Real Simple*, and *Woman's Day*.

Her Books

The Frantic Woman's Guide to Feeding Family and Friends offers easy-to-prepare dinners for everyday of the year, including special occasions, company's coming and PMS days. Holiday menu plans that—once and for all—tell you what to do with all that extra turkey and ham. Comprehensive grocery lists for every dinner in the book with instructions on how to make one trip to the grocery store every two weeks. Tucked in between the recipes are tips for making the kitchen more organized, streamlining food preparation, minimizing cleanup, getting the family involved and having a little frantic woman family fun.

The Frantic Woman's Guide to Life helps keep today's busy women on track. The book is divided into three parts. Part one deals with everyday tasks you must deal with year round. Part two, the meat and potatoes of the book, is separated into monthly chapters and is compilation of timesaving tips, efficiency secrets that can eliminate clutter and help save you money, too. There's help for juggling home, family and work. Part three offers a "what you need" list for just about everything from vacation packing to sending your child to college to what should be in your medicine cabinet.

Her Topics

- What bands, venues and other vendors don't tell you.
 - Avoid 10 problems that can ruin a wedding.
 - Do it for less.
 - Cut cost with these budget tips.
 - Eliminate guest complaints that can ruin a wedding.
 - Create a reception timeline to keep the party going.
 - Warning tips for wedding reception themes
 - Add unique flair without spending a lot of money.
 - Put a twist on the traditional.
 - Snafus that can overload the budget.
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