

# **Download Better Single Than Sorry A No Regrets Guide To Loving Yourself And Never Settling Jen Schefft**

Jenn Mann is an American psychotherapist, sports psychology consultant, author, and speaker. Mann is the daughter of Barry Mann and Cynthia Weil, a famous songwriting couple. Lisa Steadman, known as The Relationship Journalist(tm), studies breakups, dating, and relationships for a living. Her writing has appeared on iVillage.com, TangoMag.com, and MSN. true-life tales of how breaking up with the wrong person is the right thing to do. There Goes the Bride is your personal guide to calling off a wedding— maybe your own! It walks the reader through the reasons, logistics, and emotions associated with breaking an engagement and provides down-to-earth advice, support, and encouragement from women who have been there. Read all the latest and breaking celebrity entertainment news on Entertainment Tonight. View exclusive interviews, photo galleries and more on ET.