



## Wifey 101

By Jamie N. Otis, Dibs Baer

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**Wifey 101** By Jamie N. Otis, Dibs Baer

When Jamie Otis agreed to be placed in a scientifically arranged marriage on TV's most controversial and groundbreaking reality show, Married At First Sight, she knew that saying "I do" to Doug Hehner, a complete stranger, was a huge risk. What she didn't know was how to be a wife! Through trial and error -- and more ups and downs than a roller coaster -- Jamie learned to quickly negotiate all of those universal problems all newlywed couples face, from leaving the toilet seat up to winning over the in-laws. All the while, her traumatic past and unresolved issues with an ex-boyfriend threatened to derail the healthiest relationship she'd ever been in. In her shocking, unflinching and hilarious memoir, *Wifey 101: Everything I Got Wrong After Finding Mr. Right*, Jamie fumbles her way through the newlywed game and lives to tell the tale.

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## **Wifey 101** By Jamie N. Otis, Dibs Baer **Bibliography**

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### **Editorial Review**

#### **About the Author**

Jamie Otis was just 19 years old and a freshman in college when she begins raising her three younger siblings. She grew up with an absent father, an abusive step father and a mom who killed the pain with drugs. Before Jamie was able to legally drink a glass of wine, she is granted custody of her little sisters; Amylynn first then Leah. Balancing a part-time waitressing job, full-time nursing school on top of being the legal guardian of her siblings left no time for Jamie to deal with issues of trust, abandonment and neglect. However, Jamie healed while helping others. She became a certified foster parent and began caring for children who were in similar circumstances. Known best for her awkward attempts at finding love, Jamie appeared on season 16 of The Bachelor and season 3 of The Bachelor Pad. Soon after, she allows four professionals to find her 'perfect' match. She says 'I do' to a perfect stranger on Married At First Sight. Almost instantaneously the baggage from Jamie's past came out full force as she began navigating life as a new wife. Fast forward through many ups and downs to two years later: Jamie Otis is still happily married to her 'stranger' husband, Douglas Hehner. Jamie Otis is a registered nurse, TV host (Married At First Sight: Unfiltered), jewelry designer (Jamie Otis Jewelry) and author (Wifey 101: Everything I Got Wrong After Finding Mr. Right). She's appeared on Dr. Drew, Dr. Oz, The View, Good Morning America, Kathy Lee and Hoda, and Entertainment Tonight.

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