



The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions

By M. Blaine Smith

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"I wanted this relationship so much. But after Susan agreed to marry me, I felt smothered. I could only think of getting out."

"I longed for this job, then I quit after a month. I couldn't stand being hemmed in."

"I looked at cars for weeks and was sure I'd found the perfect buy. But the next morning I felt I'd made a terrible mistake."

Do you find it difficult to make commitments? Even harder to live up to them? After you give your word on something, are you plagued with second thoughts? Do you dread completing projects or actually reaching a personal goal? The fear of commitment torments countless people — and it keeps them from finding God's best. Blaine Smith looks closely and compassionately at the struggles even serious Christians have with "the yes anxiety." His practical counsel will help you to:

- distinguish commitment fear from healthy caution
- break with self-defeating attitudes
- see the best when it's less than perfect
- deal with mood swings and personal cycles
- confront the fear of success
- make commitments with confidence

From *Bookstore Journal*:

"Smith does an excellent job helping readers tame the fear of commitment in their lives. Although his primary audience is Christians suffering from chronic commitment anxiety, he also targets people with less serious struggles.

"Smith's approach is practical and encouraging. Using real-life and biblical anecdotes, he shows how fear affects almost everyone. People dislike losing freedom and assuming new obligations; thus, 'commitment fear is at heart the dread of losing control.'

"A main theme is Smith's belief that God gives people right opportunities, not perfect ones. He says it's unrealistic and distressing to expect perfect certainty about God's will in decision-making. Other topics include learning the value of tradeoffs, understanding phobias, overcoming fears of success, managing mood swings and runaway emotions, and dealing with mixed signals about inward guidance and intuition. In the final section Smith addresses commitment's benefits, which when emphasized, help defuse fear in careers, relationships, and spiritual life."

Even if it has been difficult in the past, you can learn to say yes and mean it. And enjoy the extraordinary benefits of commitment!

This edition of **The Yes Anxiety** is a reprint of the original of M. Blaine Smith's classic, first published in 1995 by InterVarsity Press. Smith, a Presbyterian pastor, is author of nine books, including **Marry a Friend, Overcoming Shyness**, and the best-selling **Should I Get Married?**. He is director of Nehemiah Ministries in the Washington, D.C. area.

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Editorial Review

From the Back Cover

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Users Review

From reader reviews:

Timothy Duchene:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each book has different aim or maybe goal; it means that book has different type. Some people sense enjoy to spend their time and energy to read a book. They can be reading whatever they get because their hobby is definitely reading a book. Think about the person who don't like studying a book? Sometime, man feel need book whenever they found difficult problem or perhaps exercise. Well, probably you should have this The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions.

Karen Schanz:

Do you considered one of people who can't read gratifying if the sentence chained inside the straightway, hold on guys this kind of aren't like that. This The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions book is readable through you who hate those perfect word style. You will find the information here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to provide to you. The writer associated with The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions content conveys objective easily to understand by many people. The printed and e-book are not different in the content but it just different as it. So , do you even now thinking The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions is not loveable to be your top collection reading book?

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a reserve. The book The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions it is very good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not very costly but this book possesses high quality.

Harold Fleming:

People live in this new time of lifestyle always aim to and must have the extra time or they will get large amount of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely of course. People is human not really a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read will be The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions.

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