



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

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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From reader reviews:

James Sandifer:

In this 21st century, people become competitive in every single way. By being competitive currently, people have to do something to make these individuals survive, being in the middle of the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yep, by reading a reserve your ability to survive improve then having chance to stand than other is high. For yourself who want to start reading a new book, we give you this kind of The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions book as beginning and daily reading reserve. Why, because this book is more than just a book.

Jeff Puckett:

Do you one of people who can't read enjoyable if the sentence chained within the straightway, hold on guys this aren't like that. This The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions book is readable simply by you who hate the perfect word style. You will find the info here are arranged for enjoyable examining experience without leaving perhaps decrease the knowledge that want to provide to you. The writer of The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions content conveys objective easily to understand by many individuals. The printed and e-book are not different in the articles but it just different by means of it. So, do you still thinking The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions is not loveable to be your top checklist reading book?

Albert Gilchrist:

Reading can be called imagination hangout, why? Because if you find yourself reading a book especially book entitled The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions your head will drift away through every dimension, wandering in most aspect that maybe not known for but surely might be your mind friends. Imaging each word written in a book then become one application form conclusion and explanation which maybe you never get ahead of. The The Yes Anxiety: Taming the Fear of Commitment in Relationships, Career, Spiritual Life and Daily Decisions giving you yet another experience more than blown away your head but also giving you useful information for your better life within this era. So now let us present to you the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Michael Kruger:

Many people spending their time period by playing outside along with friends, fun activity using family or just watching TV all day long. You can have new activity to enjoy your whole day by reading through a book. Ugh, do you consider reading a book can actually hard because you have to bring the book

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