



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

By M. Blaine Smith

SilverCrest Books. Paperback. Book Condition: New. Paperback. 172 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. 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...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**