



Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love)

By Steven Carter

[Download now](#)

[Read Online](#) 

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter

Getting to Commitment offers understanding, inspiration, and a concrete plan of action for any woman, man, or couple who is ready to tackle the eight most destructive demons that make people run from loving relationships.

 [Download Getting to Commitment: Overcoming the 8 Greatest O ...pdf](#)

 [Read Online Getting to Commitment: Overcoming the 8 Greatest ...pdf](#)

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love)

By Steven Carter

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter

Getting to Commitment offers understanding, inspiration, and a concrete plan of action for any woman, man, or couple who is ready to tackle the eight most destructive demons that make people run from loving relationships.

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter Bibliography

- Sales Rank: #165241 in Books
- Brand: Brand: M. Evans Company
- Published on: 2000-01-24
- Released on: 2000-01-24
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .69" w x 6.14" l, .91 pounds
- Binding: Paperback
- 264 pages



[Download](#) Getting to Commitment: Overcoming the 8 Greatest O ...pdf



[Read Online](#) Getting to Commitment: Overcoming the 8 Greatest ...pdf

Download and Read Free Online Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter

Editorial Review

Amazon.com Review

Do your relationships always crash? Do your married friends wonder what's wrong? "They write sitcoms about people like us," says "commitmentphobia" expert Steven Carter, "but it looks a lot more fun on the small screen than it feels in real life." The problem may be your fear of the risks of intimacy and commitment. Carter himself was a closet "commitmentphobic" when he wrote *Men Who Can't Love*. Now, in *Getting to Commitment*, he explains how to break those patterns and forge intimate connections--as he has done in his own life.

Carter sees eight hurdles between you and the relationship you deserve. He deftly analyzes each problem, points out self-destructive nonsolutions, and explains the steps necessary to break the barrier. For example, one hurdle is blaming your partners' shortcomings for the failure of previous relationships. Breaking the pattern involves seeing how *you* choose particular partners and self-destruct in relationships--going from blame to responsibility. Other hurdles include relationship-history ghosts, living in fantasy, and ineffective behavior patterns. "If we are to experience intimacy, our hearts have to be brave as well as loving," says Carter. *Getting to Commitment* will help you find that courage. Highly recommended. --Joan Price

From Publishers Weekly

Author (with Sokol) of the bestselling *Men Who Can't Love*, Carter, again writing with Sokol, offers advice here for both men and women with "commitmentphobia." While recognizing the "hard work" of long-term relationships, he focuses almost exclusively on "old choices, old habits, old fantasies, old programs, old language, old doubts, and old fears" that sabotage relationships in their very early stages. Carter claims that by examining and clearing out these impediments, "[t]he possibility for real love and commitment slowly blossoms in front of you like a beautiful flower." He thoroughly explores the need to stop blaming, and to understand and release old relationship "ghosts"; to develop and maintain a healthy sense of self and "self-protection"; distinguish fantasy from reality; reveal your true self; accept differences and imperfections; change old patterns; and work through anxieties. Commitment to a relationship, according to Carter, requires time, desire, energy, risk, help (from friends, family, support groups and professional therapists), mutual effort and faith. Most of all, he warns, it takes "courage." Readers will find understanding and wise counsel here for difficult feelings and self-defeating behaviors that may be hard to face, from a man who shares his own commitment fears and how he overcame them. 50,000 first printing; author tour.

Copyright 1998 Reed Business Information, Inc.

About the Author

Steven Carter lives in Los Angeles, California. Julia Sokol lives in Bristol, Rhode Island.

Users Review

From reader reviews:

Olivia Clinard:

As people who live in often the modest era should be revise about what going on or info even knowledge to make these people keep up with the era which can be always change and move ahead. Some of you maybe will update themselves by looking at books. It is a good choice to suit your needs but the problems coming to anyone is you don't know which you should start with. This Getting to Commitment: Overcoming the 8

Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Donald Link:

Hey guys, do you would like to finds a new book to read? May be the book with the subject Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) suitable to you? Typically the book was written by well known writer in this era. Often the book untitled Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love)is the main of several books which everyone read now. This book was inspired lots of people in the world. When you read this publication you will enter the new dimension that you ever know just before. The author explained their concept in the simple way, and so all of people can easily to comprehend the core of this reserve. This book will give you a large amount of information about this world now. So you can see the represented of the world within this book.

Brenda Rodriguez:

Do you have something that you like such as book? The e-book lovers usually prefer to choose book like comic, limited story and the biggest some may be novel. Now, why not striving Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) that give your fun preference will be satisfied by means of reading this book. Reading behavior all over the world can be said as the opportunity for people to know world considerably better then how they react toward the world. It can't be mentioned constantly that reading addiction only for the geeky man or woman but for all of you who wants to be success person. So , for all of you who want to start studying as your good habit, you are able to pick Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) become your own personal starter.

Desiree Grajeda:

Do you like reading a reserve? Confuse to looking for your preferred book? Or your book seemed to be rare? Why so many concern for the book? But virtually any people feel that they enjoy regarding reading. Some people likes studying, not only science book but also novel and Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) or perhaps others sources were given knowledge for you. After you know how the great a book, you feel want to read more and more. Science guide was created for teacher or students especially. Those textbooks are helping them to put their knowledge. In other case, beside science book, any other book likes Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) to make your spare time more colorful. Many types of book like here.

Download and Read Online Getting to Commitment: Overcoming

**the 8 Greatest Obstacles to Lasting Connection (And Finding the
Courage to Love) By Steven Carter #HUV5ROA3FTN**

Read Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter for online ebook

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter books to read online.

Online Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter ebook PDF download

Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter Doc

**Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love)
By Steven Carter MobiPocket**

**Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love)
By Steven Carter EPub**

HUV5ROA3FTN: Getting to Commitment: Overcoming the 8 Greatest Obstacles to Lasting Connection (And Finding the Courage to Love) By Steven Carter