



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

By Steven Carter

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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.

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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.

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About the Author

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

Users Review

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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.

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