



Kiss and Run: The Single, Picky, and Indecisive Girl's Guide to Overcoming Fear of Commitment

Elina Furman

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You May Be Commitment-Phobic If:

- You have a mile-long list of requirements for your ideal mate
- You go from one short-lived relationship to the next
- You have a habit of dating "unavailable" men
- You think many of your married friends have settled for less
- You are constantly blowing "hot" and "cold" in your relationships

For years, it was the men who had the monopoly on commitment-phobia. Today, single women are the fastest-growing segment of the population, with over forty-seven million single women in this country and twenty-two million of them between the ages of twenty-five and forty-four. Whatever the reasons -- fear of divorce, increased financial independence, delayed motherhood -- more women than ever no longer feel the urgency, or the ability, to settle down. Lucky for this growing group of women, author and former commitment-phobe Elina Furman has written *Kiss and Run*, the first-ever book about female commitment anxiety.

Filled with fun quizzes, first-person testimonials, and step-by-step action plans, *Kiss and Run* includes the top-five panic buttons, advice for curbing overanalysis, and tips for fixing negative commitment scripts. You'll also find the seven types of commitment-phobes, including the Nitpicker, the Serial Dater, and the Long-Distance Runner.

Based on the stories of more than one hundred women, this straight-talking guide helps single women conquer commitment anxiety and say yes to love.

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Ryan Harrison:

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Andrew Gillon:

Is it an individual who having spare time subsequently spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Kiss and Run: The Single, Picky, and Indecisive Girl's Guide to Overcoming Fear of Commitment can be the solution, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

Sean Jones:

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