



# He's Scared, She's Scared: Understanding the Hidden Fears That Sabotage Your Relationships

*Steven Carter, Julia Sokol*

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**He's Scared, She's Scared: Understanding the Hidden Fears That Sabotage Your Relationships** Steven Carter, Julia Sokol

Available for the first time in paperback, this follow-up to the phenomenally successful *Men Who Can't Love* tackles the issue of commitmentphobia, that persistent obstacle to truly satisfying contemporary relationships. Authors Stephen Carter and Julia Sokol explore why modern men and women are torn between the desire for intimacy and the equally intense need for independence. Drawing on numerous interviews and real-life scenarios, and written with humor, insight, and the kind of wisdom gained by personal experience, *He's Scared, She's Scared* offers guidance for all of us who want genuine, sustained intimacy with our romantic partners.

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