

"From commitment phobic to relationship enthusiast." *Stefanie Stahl*



Stefanie Stahl
From Maybe to Yes!
[Vom Jein zum Ja!]
Overcoming fear of
commitment and finally being
ready for a sustainable
relationship

Kailash
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Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

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With her book *Yes, and No!*, Stefanie Stahl wrote a standard work concerning the topic of fear of commitment. In *From Maybe to Yes!*, the bestselling author further develops her approach. She illuminates the typical styles of relationships that make them fail again and again: the fearful-clingy, the fearful-avoiding and the indifferent-avoiding type.

The author identifies the actual causes for fear of commitment within childhood. That is why, drawing from her years of practical experience, she recommends that we address the inner child. Using specifically designed exercises the relationship problem can be tackled and permanently solved.

- Overcoming fear of commitment with specific exercises for the child within you
- #1 *Spiegel* bestselling author with more than 1.2 million copies sold