



## **Commitments: Why most of us keep on making them and breaking them (when others know how to make them last!).**

*Clifford Brody*

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Why do we make commitments? Why do we break them? Why does it hurt so much more when others break their commitments to us than when we break our commitments to them? And why do we then make even more commitments—without any assurance that things will work out better the next time around? In “Commitments”, an often intimate commentary on human behavior, author Clifford Brody takes you on a personal journey into events of his own life, some deeply wounding, that speak to what commitments are and aren’t, and why he is very glad that he made those commitments even when they failed so miserably...  
...and why you, too, will be happier doing the same thing. Brody makes a unique point of difference in Commitments by recognizing that needs change over life, that different solutions apply for different stages of life, but that there are core constants that lead to commitments that work. A first of a kind book, Commitments blends elements of the traditional with the creative, along with a not-too-subtle swipe at the core assumption intrinsic to Cognitive Behavior Therapy that people have to “change” their so-called automatic thoughts. To make this point, the author whisks readers back through history, marriages, movies, rock music, Twitter, ice cream, Broadway shows, even computer chips—things that no one would ever believe might fit together in any story. But they do. And that enables Commitments’ readers to discover why people actually get ahead not just when commitments succeed but also when they fail, and why it is smart to trust others to deliver on their commitments even when there is no concrete proof that they ever will!

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