



How to Deal with Jealousy: Overcoming Jealousy and Possessiveness is Vital for a Healthy Marriage or Relationship. Learn How to Control Your Jealousy Now.

Taylor Timms

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This book is a complete guide on jealousy and how to deal with it. The author put everything he knows about breaking free from jealousy into simple, understandable language so that you can easily learn all there is to know about it. Inside the book, you will learn things like...

- Introduction to Jealousy: Find out how this simple emotion could be destroying your relationships.
- Loss-related Jealousy: How to untangle the emotions of loss in order to find a way out.
- Why People Feel Jealousy: Learn how to find the root of your jealousy with these simple steps.
- The Power of Trust: Find out how people get lost in life and how you can overcome it.
- The Effects of Self-esteem: You can simply change your life by changing the way you see yourself.
- Entitlement: See how feelings of entitlement can hold you back in life.
- Understanding Reality: Find out how to maintain your excitement and happiness when life doesn't give you what you really want.
- The Consequences of Jealousy: See what to expect when you harbor feelings of jealousy and bitterness.
- Techniques to Deal with Jealousy: Great tools to regain control of your emotions and your life by overcoming jealousy and possessiveness.
- Positive Thinking: Change the way you think in order to change your life.
- Comparisons: How to keep others from controlling your life.
- Understanding Acceptance: Find out how acceptance could transform your emotions.
- Elimination: Put what you've learned until now into action with this step-by-step guide on how to deal with jealousy and possessiveness.
- Identifying Tools: Learn about some great tools that will help you identify jealousy in your own life.
- Dealing with Your Past: A worksheet for dealing with your past and moving on to the future.
- Overcoming Jealousy Worksheets: Very useful worksheets to help you discover and control your jealousy.

... and much more.

If you want to overcome your jealousy, but didn't know where to start, then I encourage you to learn from the author's experience. This book contains everything you need to know to help you overcome jealousy and possessiveness.

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