



**Jealousy: Stop Jealousy NOW! How To Stop Being Insecure With Relationships, Help To Overcome Trust Issues And Stop Worrying, Increase Self Esteem, And ... Charisma, Jealousy, Dating Advice For Men,)**

*Ryan Cooper*

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**This book contains proven steps and strategies on how to manage your jealousy.**

**Today only, get this Amazing Amazon book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device.**

At the onset, you need to understand that you have very little control of what others feel and do. What you do have is control over your actions, inactions and choices before, during, and after the fact.

Granted, jealousy to a certain extent is part of any healthy relationship. The question is: how much jealousy is too much? Bear in mind that jealousy is like a small crack, present in every relationship. It's just there. If you pay it no mind, it won't go away, but it won't do any damage nor worsen. The more you give in to jealousy, the bigger and deeper that crack becomes. Too much jealousy and the result is a break up, usually a messy one at that!

This book will also deal with jealousy that is warranted. What do you do when your significant other is a flirt? How do you confront the same? When is it time to realize that he/she is a repeat offender? When is it time to let go?

Regardless of the cause and the reason behind your jealousy, how do you talk to the person? How do you keep your composure? What do you do when you lose your cool?

To summarize, this book will be tackling cause and effect in relation to action and inaction. What is the cause of the jealousy? How does it affect you and your partner? What can you do and can't you do?

Why should you listen to me? Simple, I too was once inexperienced when it came to matters of the heart. I thought loving a person with everything you've got was the right thing and the only thing you should do. I figured, as long as I loved the person, I didn't do anything wrong. I could say what I want, do what I want. I was faithful after all. As a result I lost out on a couple of wonderful relationships. I even ruined my friendship with them to boot. It took me 2 serious relationships to figure out that jealousy was destroying me. So when it came time for my third relationship, I decided to try something different.

To be honest, it was not always smooth sailing. I still get jealous; but I made sure to give my loved one the benefit of the doubt. I started to think, there are things out of my control and that the only way to deal with it is to keep my cool.

## Here Is A Preview Of What You'll Learn...

- Jealousy Defined Thru Cause And Effect
- Jealousy From Within And Without
- Overcoming Jealousy
- When Jealousy Is Warranted?
- Emotional Abuse
- Tips For Increasing Your Self Confidence!
- Much, Much More!

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**Douglas Barney:**

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