



How to Deal with Jealousy: A Guide to Dealing with Jealous People

Christian Wright

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This book contains proven steps and strategies on how to manage the emotions of jealousy and envy, and to utilize them to your advantage. Many people in the world live in a state of complacency, trapped in a self-imposed prison of jealousy and envy. Instead of striving to become a better version of themselves, they succumb to feelings of insufficiency, low self-esteem, inadequacy, diminished self-worth, and much more. When jealousy and envy are not tamed, prevented, or channeled properly, they can destroy our self-love, relationships, success, and much more.

This book was not written to prevent the feelings of jealousy or envy in all circumstances. It is common knowledge that as humans, we will experience these sentiments at some point in our lives. However, some people experience these feelings all too often, and this leaves their lives devoid of happiness and contentment. The key to handling jealousy is to either develop methods to prevent it, use it as a fuel to create positive changes, or utilize it for protective purposes. If jealousy and envy are not handled properly, they can lead to negative results.

Reading this book you will:

1. How to help others deal with aggression
2. How to snap this person out of their aggression
3. How to prevent those around you from being jealous
4. Learn how to present yourself as less threatening which will prevent those around you from getting jealous/envious
5. How to deal with your own jealousy and envy
6. How to prevent yourself from experiencing these emotions

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Winford Patterson:

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