



Life Without Jealousy: A Practical Guide (10-Step Empowerment)

Lynda Bevan

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Life Without Jealousy: A Practical Guide (10-Step Empowerment)

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Do you put your partner down over small details or infractions of agreements?

If you answered YES to more than one of these questions, then this book is for you.

This is the book to help you overcome this unwanted emotion. You will embark on a journey to discover the many types of jealousy. You can use this book as a manual to overcome emotional insecurity issues and to give you a clearer perspective on the emotion of jealousy. By engaging with the exercises with this book, you'll be able to see yourself as you really are and further exercises will assist you in eliminating your jealous thoughts and behavior.

"It is hard to believe how much useful information the author has packed into this slender tome."

--Sam Vaknin, author of *Malignant Self Love: Narcissism Revisited* Learn more at www.LyndaBevan.com

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