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Overcoming Jealousy: How to Stop Being Jealous and Get Rid of Jealousy in Your Romantic Relationship

Jackson Sandau

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If you want to learn how to stop being jealous in romantic relationships, then this book is for you!

Today only, get this incredibly useful guide for only $2.99. Regularly priced at $4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Have you ever heard anyone say that one of the most attractive things about their partner is their capacity for jealousy? The answer is bound to be no, and that is because it is an unhealthy trait. It makes a person seem unattractive, and can lead them to behave in an unappealing way. When it happens in a long term relationship it can cause strain, and when it happens at the beginning of a new relationship, it could cause the end of the romance before it has had a chance to flourish. The strange thing about jealousy is that a lot of people realize that they suffer from it, but just don't know what they can do. They believe it's simply impossible to change, and is just part of who they are. The more they think about it, the worse it becomes, and they end up seeing it as something that is not their problem – trying to make out that the other person is to blame. The good news is that there ARE simple and effective ways to eliminate your feelings of jealousy. The objective of this eBook is to provide valuable information about the root of this toxic emotion and to help you overcome your jealousy for good. You may choose to read this book alone, although keep in mind that it could prove beneficial to involve your partner so that they are aware of what you're going through – and that you want to change.

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

- Understanding the Feelings of Jealousy
- Determining the Source of Your Jealousy
- Letting Go of Personal Insecurities
- Building Relationship Confidence
- Communicating Openly with Your Partner
- Learning to Truly Trust Your Partner
- Focusing on Relationship Positives
- Much, much more!

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