



# **Jealousy: How To Stop Being Jealous And Overcome Feeling Fearful, Anxious, And Insecure in Relationships (Stop Being Insecure, Relationship Anxiety, Relationship Jealousy Book 2)**

*Ryan Help*

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## **How To Stop Being Jealous-31 Day Plan For Overcoming Anxiety, Fear and Insecurity in Relationships**

**Our books have helped tens of thousands of people all over the world learn how to deal with fear, insecurities, rejection, anxiety, depression and jealousy in relationships.**

This book offers you a structured 31 day plan designed to help you overcome feeling jealous. When you are finished reading this book, you will be equipped to handle many situations that involve dealing with your insecurities and self-esteem issues.

## **A Few Things You Will Learn From The Book About Being Jealous**

- What is jealousy comprised of
  - How many different kinds of jealousy there are
  - If you are actually happy in your relationship
  - Who the people are that you have hurt as a result of feeling insecure in relationships
  - How to heal relationships that have been damaged due to acting out on relationship fears
  - How to stop being jealous
  - and much, much more
- Jealousy is a strong emotion, and one that can be extremely destructive if left unchecked. This emotion brings about a wave of negative thoughts and emotions, such as anxiety, insecurity, and envy. Jealousy makes us feel inadequate and helpless, and can wreak havoc in our relationships.

Though we all know it is unhealthy, it's a pretty common emotion that we've all experienced; in fact, some studies show that jealousy can even be felt by infants as young as five months old.

Jealousy is powerful, but it can also be overcome. There are different ways to take control this emotion, and to remove it from your life.

The plan proposed here spans 31 days, and it is hoped that this book will give you tips on how to deal with jealousy, and how to keep your relationships dynamic and healthy.

Sample of What's Inside This Book On Being Jealous

**Day 6-10: WHO HAVE I HURT? (excerpt)**

*As we mentioned earlier, jealousy is a destructive emotion. It doesn't only affects you, it affects those around you and those who love you. Jealousy often wreaks havoc in the relationships we have with other people, and often, we hurt the people we are intimate with.*

*Before you can begin the process of cleansing yourself of envy and jealousy, you have to apologize first to those you've hurt. You need to make things right before trying to improve yourself, so don't wait for things to get worse. You will also need a support system to keep you on the right track, especially when you go back to your old ways of thinking.*

**DAY 12-16: ACCEPTANCE & LETTING GO (excerpt)**

*Another step you need to take is to think about your life and evaluate what parts of it you can change and what you can't. Most often, jealousy thrives on the fact that we often can't let go of the things we don't have the power to get, and the things that are just not in our power to achieve. While dreams are important to pursue, not all of them are realistic. Not everyone can become a doctor, a CEO, a businessman, a lawyer, and so on. You need to consider your own boundaries and abilities, and what you can really do.*

Get the book now while it is being offered at an introductory price.

Tags: jealousy, how to stop being jealous, stop being insecure, relationship anxiety, overcoming fear, dealing with rejection, coping with jealousy, how to overcome being jealous, spouse, partner, wife, girlfriend, boyfriend, stop feeling jealous, marriage help, relationship help, help with anxiety in relationships, help with overcoming jealousy, help with feelings of insecurity,

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#### **James Senters:**

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#### **Jim May:**

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**Cheryl Crockett:**

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