



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

Carl Oren

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Learn how to deal with jealousy and envy from those around us.

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

What others are saying:

“My older brother was someone I always looked up to. Recently he got a divorce, which really started to set the snowball affect for him. I recently got engaged and notice a sense of hostility and passive aggressiveness from him. I read this book and learned how to better the situation. It really did help me salvage our relationship which makes me grateful.”

– Jaime Alsabaugh

“For some reason beyond me I started feeling these negatives emotions about my wife when I saw great things happening to her. She got a promotion, which included a raise. Instead of being happy for her I felt jealous. I shouldn't feel jealous so I looked online and couldn't find an answer. This book has the answers that the search engines don't. Carl did a great job writing this book.”

– Christian Martoe

Tags: How to Deal with Jealousy, jealous, jealous people, jealousy, dealing with jealous people, envy

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Ronald Finch:

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Maria Smith:

Information is provisions for those to get better life, information currently can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is from the former life are difficult to be find than now's taking seriously which one would work to believe or which one the resource are convinced. If you have the unstable resource then you get it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take How to Deal with Jealousy: A Guide to Dealing with Jealous People as the daily resource information.

Beth Murray:

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