



# **Goodbye to Insecurity: The Best Ways to Dealing with Jealousy and Boosting Self-Esteem (Self-Confidence & Relationship Anxiety)**

*Theresa Powell*

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Jealousy is hard-wired in the emotional code of everyone. We cannot help it, there is some evidence that jealousy and envy actually plays a huge role in the behavioral choices of animals as well. It is important that humans learn to let go of some of these behaviors and learn to deal with jealousy before it destroys them. Whether it is jealousy on a professional level or in personal relationships, it is often one of the most negative emotions and leads to nothing but further troubles and heartache for everyone involved.

This book deals with jealousy and insecurity in relationships including why it happens and what we can do to address it.

## **Here is a preview of what you will learn from this book:**

- Who is more prone to jealousy and why.
- Why jealousy is not just a negative for the jealous person but their partner as well.
- A self-esteem checklist which explains why “self” is the key word here.
- How to talk to a new partner about existing problems with jealousy.
- Warning signs that jealousy might expose in a relationship including from partners that may use your own jealousy against you in an abusive way.

Jealousy is normal, but the behavior that results from these feelings may not be. You have to learn how to deal with your jealousy in a constructive way before you push away a good partner or give a bad partner another tool to use against you. This book is your guide through the tricky landscape of jealousy so that you do not stumble along the way.

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