



Overcoming Jealousy (Overcoming Common Problems Series)

Dr. Windy Dryden

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Jealousy can be destructive, and an atmosphere of suspicion can ruin relationships and undermine your confidence. Windy Dryden's refreshingly practical approach will help you understand your feelings, and distinguish between healthy and unhealthy reactions to the behaviour of those you love. His advice will show you how to cope, boost your confidence, and stop feeling insecure. This book will enable you to think through whether your fears are reasonable, and build relationships of confidence and trust.

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