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## Jealousy: Overcome the Battle for Codependence, Trust, Esteem, and Emotion in Love and Friendships by Planting Seeds (Paperback)

By Solomon Veganis

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Stop Letting Insecurities Hold You Back, Others Don't Think About You Nearly as Much as You think About Yourself Have you ever noticed that the feelings of jealousy and envy towards others' possessions, esteem, and relationships don't motivate you to improve yourself? More often than not, the default reaction for such circumstances to a normal person would be to plot and devise how to bring those people down to our level. "I don't want my own business, you'll never be as successful as if you had a normal job like me," "I don't care if you spend your free time with your friends instead of me, my hobbies are more important anyway," "I don't really think they actually like you better than me, after all you're not even that good looking." Guess what? These thought patterns prevent you from striving. If the world was always mediocre it would never improve. You feel jealous because you recognize this person actually DOES have something over you. Does that make you feel uncomfortable? It should. If we never felt uncomfortable with our complacency, we would never reach. These...



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