



## The Jealousy Cure: Learn to Trust, Overcome Possessiveness, and Save Your Relationship

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By Robert L Leahy

BRILLIANCE AUDIO, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Could jealousy be a positive thing? In this groundbreaking book, Robert L. Leahy--author of the hugely popular self-help guide, The Worry Cure--invites you to gain a greater understanding of your jealous feelings, keep jealousy from hijacking your life, and create healthier relationships. We ve all heard tales of the overly jealous spouse or significant other. Maybe we ve even been that jealous person, though we may not want to admit it. It s hard to imagine anyone sailing through life without either having feelings of jealousy or being the target of someone s jealousy. But what if jealousy isn t just a neurotic weakness? What if it signals that your relationship matters to you? In short--what if jealousy serves a purpose? In The Jealousy Cure, renowned psychologist Robert L. Leahy takes a more nuanced approach to tackling feelings of jealousy. In this compelling book, you ll uncover the evolutionary origins of jealousy, and how and why it s served to help us as a species. You ll also learn practices based in emotional schema theory, cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness to help...



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