



# **5 Steps To Quit Being Jealous Forever: How To Stop Being Jealous, Fix Trust Issues & Overcome Insecurity In Relationships (Jealousy and trust, jealousy ... self-esteem, overcoming insecurity Book**

**1)**

*Jamie Braun*

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## **How To Fix The Jealousy, Insecurity, And Trust Issues That Have Been Ruining Your Relationships... Right Now And Forever!**

If you're stuck in a spiral of distrust, it can seem impossible to **build a relationship that lasts**. When you're finished reading this book, you'll be able to **see exactly where things have gone wrong...** and what you can do, right now, to **fix the problem forever**.

You'll finally be able to **be happy, relaxed, and secure** in your dealings with other people... especially the person who's most important in your life.

You'll be able to say goodbye to the circling, maddening thoughts that have tortured you and kept you awake at night.

You'll realize that so much of your anguish is simply because you care: because you're afraid to lose them, or maybe you feel attention has been drawn away from yourself.

And then, you'll **discover an effective 5-step system** to take these emotions and channel them so yours becomes a **healthy, happy relationship**.

- Step 1: Recognize Why You Are Jealous
- Step 2: Create Relationship Boundaries
- Step 3: Deal With Your Jealousy From Within
- Step 4: Improve Your Outlook
- Step 5: Live Positively

Even if you've experienced betrayal before, there's no reason to let it hold you back for the rest of your life.

**Get this book today** and take the first step towards **saving your relationship** and building a **happier and more fulfilled you**.

Tags: quit being jealous, jealousy, relationships, trust issues, self esteem, overcoming insecurity, jealousy in

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