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Trust Issues: Manage the Anxiety, Insecurity and Jealousy in Your Relationship, With 10 Simple Steps - 2nd Edition

By Jessica Riley

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 78 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. Are you tired of failed romantic relationships and friendships? Have your previous partners told you that you are too possessive or jealous? Do you feel yourself burn with jealousy when you see your partner talking with some attractive acquaintance? Do you go through your partner's things or demand detailed explanations of where they have been? Most people know this isn't the foundation for successful relationships, and they would like to stop reacting this way, but how? Author Jessica Riley outlines a 10-step plan for overcoming these hang-ups in her new e-book *Trust Issues*. Riley pulls no punches here - she gets straight to the heart of the problem from the first chapter. She addresses right from the start your thinking process, which is leading you to exhibit your possessive behavior. However, Riley is careful to explain the difference between our thinking and our actions. If that sounds too obvious, remember that your goal is to decrease the actions you're taking that are toxic to your relationships (the thoughts you are having may not feel good, but the problems with your...



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