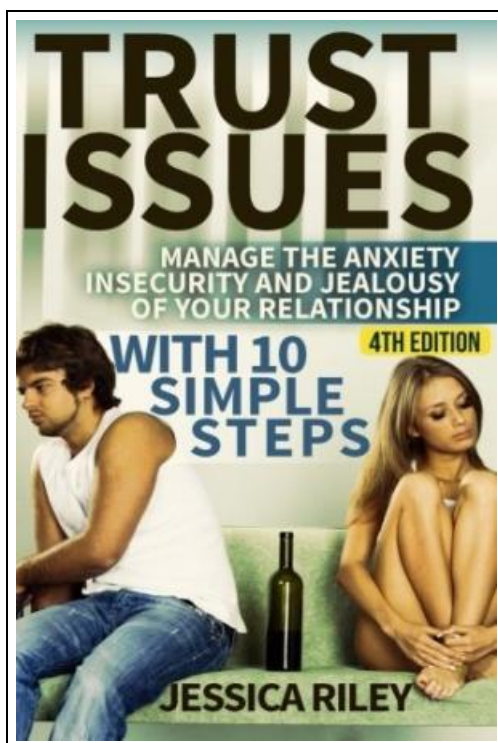


## Trust Issues: Manage the Anxiety, Insecurity and Jealousy in Your Relationship, With 10 Simple Steps - 2nd Edition



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### ***Reviews***

*Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
(Evie Emmerich)

## TRUST ISSUES: MANAGE THE ANXIETY, INSECURITY AND JEALOUSY IN YOUR RELATIONSHIP, WITH 10 SIMPLE STEPS - 2ND EDITION



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 partner don't start until you start acting on those thoughts). *Trust Issues* begins with some questions for the reader's personal reflection, so you may want to have your journal handy as you read. These questions will start you on your journey to improved relationships with some knowledge about yourself. Armed with the answers to these questions, you can move into Riley's chapter on why you have difficulties believing what your partner is saying to you. This will be a huge chapter for you if you're struggling with over-possessiveness, because your partner's statements (I'm working late tonight, or That was my...



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