THE JEALOUSY CURE
Learn to Trust, Overcome Possessiveness, and Save Your Relationship
Robert L. Leahy, PhD

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 you overcome the shame jealousy can bring, improve communication with your partner, and ultimately make room for jealousy while also making your relationship more meaningful. You will learn that confronting jealousy in your relationship does not have to be a catastrophe, but can redirect you and your partner to build more trust, acceptance, and connection.

We often feel jealous because we fear losing the things or people that matter to us the most. With this insightful guide, you’ll discover how jealousy can both help and hurt your relationship, and learn proven-effective skills to keep jealousy in its place.

VERDICT: Solid counsel for those whose relationships are plagued by jealousy and the individuals it targets.
—Library Journal

“The Jealousy Cure unlocks the positive power of jealousy for happy relationships.”
—Foreword Reviews

FOR MORE INFORMATION, CONTACT
Cassie Kolias
cassie.kolias@newharbinger.com
510-594-6142

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Praise

“Within this book, Robert Leahy, a renowned world leader in our field, illuminates the complex burdens of this universal emotion of jealousy within a love relationship. He then points the way out of this tumultuous storm of thoughts and feelings by offering clear, specific, and practical steps. This is by far the best self-help book for people with jealousy that I have ever read.”
—Reid Wilson, PhD, author of Stopping the Noise in Your Head

“...In The Jealousy Cure, Robert Leahy has provided the reader with a comprehensive understanding of jealousy. Leahy, through interactive, fun exercises, helps the reader identify and understand their jealousy. Based on the tried-and-true principles of cognitive behavioral therapy (CBT), Leahy then equips the reader to address their jealousy so that problematic behaviors and tormenting thoughts and feelings can be reduced. This highly informative and valuable resource will be an essential resource to both those in clinical practice and individuals struggling with jealousy.”
—Leslie Sokol, PhD, coauthor of Think Confident, Be Confident; Think Confident, Be Confident for Teens; and The Think Confident, Be Confident Workbook for Teens