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Overcoming Jealousy and Possessiveness

Paul A. Hauck

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Psychotherapist Paul Hauck, whose popular books have brought help and advice to countless readers, now shows how jealousy and possessiveness--often the most tragic emotions--can be overcome. Applying the principles of Rational Emotive Therapy (RET), Hauck demonstrates how jealousy is a learned emotion and can be unlearned once you understand why you are jealous and begin to think in new ways about yourself and others.

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