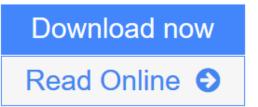


Overcoming Envy (Overcoming Common Problems)

Windy Dryden



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Overcoming Envy (Overcoming Common Problems) Windy Dryden

We all compare ourselves with our friends from time to time. But if you can't think about someone's expensive car, good-looking partner or exotic holidays without feeling bitter, you need to tackle that greeneyed monster. Envy can make us totally dissatisfied with the things we do have, but it can also be a powerful motivating force. Windy Dryden will help you distinguish between these healthy and unhealthy forms of the emotion, kick out the old resentful thoughts and gain greater enjoyment from life.



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