



Overcoming Envy (Overcoming Common Problems)

Windy Dryden

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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 green-eyed 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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