Jealousy The Evolution Of An Emotion In American History

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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 on emotional schema therapy, 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.

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. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

The Jealousy Cure: Emotionally Empowering Ways to Overcome Jealousy

By Robert L. Leahy, 2015

The book offers an evidence-based evolutionary taxonomy of emotions and affects and, as such, a brand-new clinical paradigm for treating psychiatric disorders in clinical practice.