

## The Jealousy Cure: Learn to Trust, Overcome Possessiveness & Save Your Relationship

**Robert L. Leahy**

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Every feeling has a positive and a negative side, and jealousy is no different. Psychologist Robert Leahy offers keys to using jealousy to build relationships, not tear them down.

Rather than denying jealousy or condemning it, this book views jealousy as a signal that a relationship is important and requires investment. This nuanced approach helps committed, long-term relationships flourish rather than stagnate in hurt or end in heartbreak.

The book draws from a wide array of therapeutic vantage points, including cognitive behavior therapy and emotional schema theory, giving profound insights into how to address the deep roots of emotional and relational problems. It shows that the path to healing starts inside and moves outward, beginning with the individual and not completed without communication and cooperation as a couple.

Leahy's advice will help audiences build on the self-awareness that drew them to the book. It examines the negative repercussions of jealousy, pinpointing how it can undermine relationships, and shows how to develop the skills to address jealousy and bring about positive change in relationships.

Leahy's tone is positive and empowering but far from Pollyannaish. He tackles the toughest relationship hurdles, including infidelity, and affirms difficult feelings and circumstances without brushing them aside. Without condemning anyone, the book does not let people off the hook for their own mistakes; it calls each person to account for the hard work of pursuing healthy relationships.

Despite the book's psychological depth, it's easy to understand, which makes carrying out its advice feel possible and hopeful. Real-life examples make the book easy to relate to and make abstract ideas vivid, clear, and practical, showcasing the depth of Leahy's experience and the prevalence of jealousy in relationships.

MELISSA WUSKE (March/April 2018)

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