



**Free Yourself From Negativity Box Set (4 in 1):
Learn to Cope with Difficult People, Say Goodbye
to Insecurity and Negative Thinking, and Do Acts
of Kindness ... (Positive Thinking & Mindfulness)**

Bobbie Myers, Theresa Powell, Annette Marsh

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Free Yourself From Negativity Box Set (4 in 1) Learn to Cope with Difficult People, Say Goodbye to Insecurity and Negative Thinking, and Do Acts of Kindness for Self-Fulfillment

Free Yourself from Negative Thinking: 21 Positive Ways to Stop Worrying, Relieve Stress & Be Happy

Here is a preview of what you will learn from this book:

- The positive thinking lifestyle
- Tips to clean up by removing negativity
- Techniques to move on by developing positivity
- Lifehacks to stay happy
- True stories of positive thinkers and how the lifestyle influences their lives

Goodbye to Insecurity: The Best Ways to Dealing with Jealousy and Boosting Self-Esteem

Here is a preview of what you will learn from this book:

- Who is more prone to jealousy and why.
- Why jealousy is not just a negative for the jealous person but their partner as well.
- A self-esteem checklist which explains why “self” is the key word here.
- How to talk to a new partner about existing problems with jealousy.
- Warning signs that jealousy might expose in a relationship including from partners that may use your own jealousy against you in an abusive way.

Coping with the Difficult People in Your Life: Tips to Positively React to Their Irritating Behavior

Here is a preview of what you can learn from this book:

- What Are the Most Common Types of Difficult People
- How To Identify Each Type And What Makes Them So Obnoxious
- How To Maintain Your Composure When Dealing With Them
- How To Improve the Situation Through Communication
- How To Avoid Conflict
- Who Are the People You Shouldn't Bother With
- Whether or Not You Are a Difficult Person

Acts of Random Kindness: Spread Love and Happiness With Good Deeds in 100 Days

In this book you will learn:

- The many types of acts of kindness from the very simple to the large.
- How many of these acts require nothing more than a bit of time, no money needed.
- How to move to some of the larger scale acts and help more people at once.
- How these actions will help you in the process.

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Linda Cooper:

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