

# The Jealousy Workbook

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## Synopsis

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| authori¼š     | Kathy Labriola |
|---------------|----------------|
| readByi¼š     | Leanne Yau     |
| inLanguagei¼š | english        |

From the initial stages of trying to agree who can do what with whom, through advanced issues such as coping with logistics and seeking compersion, every relationship sooner or later confronts jealousy - and some relationships do not survive the confrontation. In this book, you will find 42 supportive exercises, developed by a professional relationship counselor and refined by hundreds of clients trying to find their own paths through jealousy. They range from basic (exercise two, clarify your relationship orientation) to challenging (exercise 34, imagine looking through their eyes and being in their shoes). All can be done solo, with a partner, or under the supervision of a helping professional, and all can be done before a problem emerges or in the throes of a jealousy crisis. Along the way, you will find solutions to the issues that bedevil even the most happily open relationships.

**Narrated by Leanne Yau**

# Reader's comments

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