

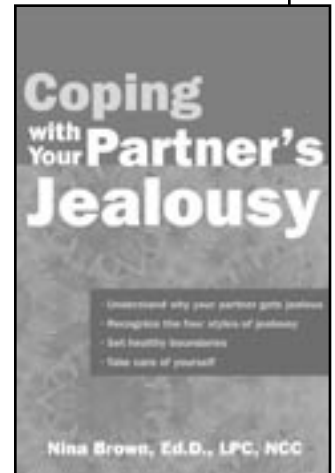
Manipulative and Exhibitionistic; Clingy and Reactive. These are the four styles of jealousy and Nina Brown shows you how to deal with all of them in *Coping with Your Partner's Jealousy*.

The length of the skirt you wore to the Fourth of July picnic, the way you glanced at the woman at the next table, the hug you gave your friend when he got promoted. When you have a jealous partner non-events like these can trigger emotional episodes of operatic proportions. Accusations, put-downs, and recrimination can follow and can leave you with real guilt and shame over imaginary transgressions. Over time jealousy can poison your relationship and obscure the positive qualities that drew you to your partner in the first place.

In *Coping with Your Partner's Jealousy* Nina Brown offers the first-ever plan for keeping your partner's jealousy from consuming the relationship. Packed with step-by-step exercises and insights about the nature and root causes of jealousy, Brown gives you the skills you need to recognize the real sources of this toxic emotion, and in doing so makes it clear that your partner's jealousy is *not* your fault. Here's just some of what she offers:

- **The ability to distinguish between triggers and causes of jealousy.** Your miniskirt may have triggered an episode of jealousy, but the true cause of it lies in deeper issues like fear of abandonment, an overriding need for control, and self-doubt. Brown shows you how to recognize the true sources of jealousy and separate out trigger from underlying cause.
- **An understanding of the four styles of jealousy.** Jealousy has four different faces: manipulative, exhibitionistic, clingy, and reactive. Brown explains the primary characteristics of each and gives you strategies customized to deal with each one.
- **Tools to keep your partner's jealousy from controlling your life.** A jealous partner may scrutinize your every action and word for signs of betrayal, and as a result you may censor your words and confine your actions to those that you know won't inflame his or her jealousy. Brown shows you how to maintain dominion over your life and keep your partner's jealousy from dictating what you say and do.
- **Coping strategies that work.** Throughout *Coping with Your Partner's Jealousy* Brown provides step-by-step exercises for coping with the emotional toll of jealousy, gaining insight into the dynamics behind it, and retaining your self-esteem when your partner's jealousy threatens to undermine it. Toward the end of the book she provides strategies that you can use to stem the flow of a jealous tirade.

Nina Brown doesn't claim that she can show you how to "cure" your partner's jealousy, but she does give you everything you need to emotionally insulate yourself from it, deflect the tactics of a jealous partner, and keep jealousy from smothering your relationship.



**FOR AN INTERVIEW REQUEST OR MORE
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**Coping with Your Partner's Jealousy by Nina Brown, Ed.D., LPC, NCC
ISBN: 1-57224-368-6, \$12.95, Published in July 2004 by New Harbinger Publications,
800-748-6273, www.newharbinger.com**

About Nina Brown, Ed.D., author of *Coping with Your Partner's Jealousy*

Nina Brown, Ed.D., is professor and eminent scholar of counseling at Old Dominion University in Norfolk, VA. She is a Licensed Professional Counselor and a Nationally Certified Counselor. An expert on narcissism's effects on relationships, she is the author of fifteen books, including *Children of the Self-Absorbed* and *Whose Life Is It Anyway?* She lives in Arlington Beach, VA.

Suggested Interview Questions for Nina Brown, Ed.D., author of *Coping with Your Partner's Jealousy*

1. The title of chapter two of *Coping with Your Partner's Jealousy* is "Triggers of Jealousy (Immediate Factors) and Why They Don't Matter." What are some common triggers of jealousy and why do you say that they don't matter?
2. What are "self factors" and how do they contribute to jealousy?
3. What are some questions that the partner of a jealous person should ask him or herself about his or her own behavior in relation to their partner's jealousy?
4. You encourage readers to look at their jealous partner's family of origin. What are some family experiences or characteristics that can lead to jealousy?
5. Is there such a thing as normal jealousy and if so, how can you distinguish between it and problematic jealousy?
6. You talk about four different styles of jealousy in your book. What are these and can they overlap in some people? Are men more likely to display certain styles than women and vice-versa?
7. You say the clingy jealous person needs constant reassurance. What are a few strategies for effectively coping with this?
8. You say that *flamboyant*, *grand*, and *extravagant* are terms that describe those with exhibitionistic jealousy. What are few effective ways to respond to these qualities when you're annoyed by them?
9. What are one or two strategies for halting a jealous tirade?
10. You recommend various internal and external actions for partners of jealous people. What are some of these and how can they help?

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