



# **Selfishness: How to Stop Being Selfish, Dealing With a Selfish, Controlling & Manipulative Person (Toxic Relationships, Marriage Help, Save Your Marriage, Narcissist Behavior)**

*Henry Good*

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**Learn the Truth About Selfish People & Overcome it Today!**

**Helping Selfish People Overcome Selfishness**

Do you know someone who is Selfish? Are you yourself suffering from Selfishness? If you said yes to either of these questions this book can help you! Learn how the selfish mind works and what you can do to overcome it or deal with someone in your life that is self-centered.

Selfishness can be synonymous to being self-serving, self-centered, self-absorbed, self-focused, self-important, self-absorbed, self-possessed, self-indulgent, self-engrossed or self-anxious. It's often about me, myself and I. You and others do not matter. We make ourselves the ultimate reference in relation to other people and situations. Our needs and wants are often the most important making us thoughtless and rude, uncaring and demanding, greedy and manipulative.

**This book Can Help Selfish People Realize Their Self-absorbed Ways and Overcome Them**

Selfishness is a lack of attitude. It is a manifestation of our fears and a sign of our weakness. We choose to withhold our time, talent or treasure for fear of the consequences that will only help advance the interests of others rather than ourselves. The fast learner in school hesitates to tutor the slow learner for fear that someone else gets an A besides him. Colleagues at work are reluctant to mentor each other for fear someone else besides them will get the credit. On a deeper level, we withhold forgiveness for fear of being hurt again. Everything boils down to me, myself and I.

**Selfish People Come In All Forms:**

You may have or be a selfish husband or wife, girlfriend or boyfriend, friend or acquaintance, boss or co worker, parent, mother or father, son or daughter, sister or brother. This book can help all different types of people in many types of situations. Whether you are having problems in your marriage and are looking to save it, or if you are dealing with loneliness do to lack of meaningful friendships. **This Book Can Help You and Your Toxic Relationships!**

**Learning to give to others instead of manipulating them for personal gain will give selfish people a happier more fulfilling life. So get started today!**

Tags: selfishness, how to stop being a selfish person, save your marriage, manipulative people, marriage help, understanding a narcissist, abusive relationships, self-absorbed people, dealing with a narcissist, how to deal with a selfish boss wife husband boyfriend child son daughter co-worker teen girlfriend parent mother

father friend, overcome selfishness, manipulative people, selfish teens, free yourself of selfishness, controlling control freaks, relationship issues, toxic relationships, fix your marriage, narcissistic behavior

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**Lewis Tuggle:**

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