



Embracing Envy: Finding the Spiritual Treasure in Our Most Shameful Emotion

Josh Gressel

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Envy is a universal emotion, yet people are very reluctant to confess their envy of another. In *Embracing Envy*, Josh Gressel suggests it is our shame at admitting we feel inferior to another person that keeps envy so hidden. Through interviews with everyday people, reviews of mainstream psychological research, and lessons from wisdom literature, this book delves into how envy can be seen as meaningful and useful in our daily lives.

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