

WOLFGANG RIEBE



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WAYS TO
with
ENVY



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FOREWORD

Have you noticed how more and more people are becoming jealous and envious of others to the point that they begrudge these people the success they deserve? This ranges from envy in the workplace to envy of family members. Why is this? What is going on in the world today? Do any of the following comments sound familiar?

"Boy, is she successful. I wonder who she is sleeping with?"

"Man, look how thin he is. I wish I could be that thin. But then again, I don't have his genes."

"Look how fit she is and how toned her body is. I bet she really watches what she eats and spends all her free time exercising."

"Wow, he became the CEO. I bet he has no free time at all and is a slave to corporate policy."

Do you notice the undertone of resentment in these comments? This reminds me of a great saying by an unknown author: *"Those who can – do. Those who can't – criticise."*

Check out my free Quick Video Tip on Envy on my YouTube channel, 'Inspiringtheworld': <https://www.youtube.com/user/inspiringtheworld>

If I meet someone or have a friend who has achieved success and worked really hard to get there, I am the happiest person in the world for them. Envy never comes into the picture. If anything, this person's success drives me to try harder and also achieve success. Successful people are an inspiration to me. Furthermore, if it's something I would have liked to achieve and I haven't, then I ask myself why. I make a point of searching

for the mistakes I made and correcting them so that I too can get to that level of success.

Yet I often bump into friends where colleagues and family members criticise, belittle, begrudge, and at times even hate others for what they have achieved! What is going on in the world? This reminds me of a great saying by an unknown author: "Prejudice is a great timesaver. It enables you to form opinions without bothering to get facts."

Years ago, a close friend gave me an explanation by saying that if someone criticises you, then you are doing something right. That makes sense, but it still doesn't justify the reason why some people become so hateful towards others merely because they begrudge their success. Why do people behave this way? What is it that brings on this envy? In my quest to be more positive and seek answers to life, I have had a lot of fun asking friends and searching discussion groups on the topic.

Here are some answers:

- It's in their genes!
- They have little self-worth.
- They are just plain selfish and don't like seeing anyone achieve more than them.
- It's a mixture of jealousy and laziness. After all, it is so much easier to put someone down than to lift themselves up.
- It's people with 'entitlement' attitudes.

These are plausible answers, but don't they also contain a hint of sarcasm and envy?

Forget for one moment those people born with a silver spoon in their mouth. In reality, they are few and far between. Let us look at the normal person who has made a success of their life. Firstly, you need to accept and realise that it doesn't do any good to sit up and take notice if you keep on sitting! Those who sit on their butts have the most to say, whereas those who actually stand up and take steps forward are the ones who achieve. If you are not willing to pay the price and do what it takes, then you have no right to begrudge those who do!

Life is built on the things we do. The only constructive material is positive action!

Yes, I know some of you are reading this and thinking to yourself that 'luck' also plays a role here and not everyone is lucky. If you do, you need an attitude change. Luck has nothing to do with it. Substitute the word 'luck' for 'attitude'. A sad fact is that it's much easier to have a negative attitude than a positive one, especially with the way society is brainwashed and manipulated by the mass media in the modern world.



20 WAYS TO COPE WITH ENVY

1. ANALYSE IT

Where is that envy coming from? Don't try to stop the feeling; let it run its course. This gives you the time to question the source of this envy and learn something about yourself. By being honest and questioning the root cause of the envy, you may well find out some interesting information about yourself and your subconscious needs. In other words, you may be envious of your friend because they have a bigger car than you. Now that you know where the envy is coming from, you can make a conscious decision to do something about it.

2. BE HAPPY!

If you are unhappy about your life, work, marriage, etc., then it will be difficult not to be envious of others. Hence your first objective must be to sort out your own life. There is no easy way out of this. You will have to be honest with yourself and create the change on your own. If you don't, you will remain miserable! Life is built on the things we do. The only constructive material is positive action. Hence there is only one option – and that is to find happiness in your work, marriage, family, friendships, etc. Do you know that not even a hundred years ago, royalty didn't live as well as the average person today? Look at the variety of foods and electronic gadgets available to most people today that have enriched our lives! Wake up and smell the roses!

3. WAKE UP TO THE REAL WORLD

Before looking up to someone who has this huge social media profile and great 'public' image out there, check out the facts. Don't accept everything you see at face value. It's easy to do a

course in marketing and learn some clever tricks on Photoshop. With this knowledge, it becomes easy to put out great photos and come up with creative networking ideas that put you in front of the masses. Is this person walking their talk? Are they practising what they preach? Or is it just the same old hype that is put forward by the same people that manipulate and control your thinking on a daily basis? Look behind the hype! Stop and think before you react!

4. BE THANKFUL

It is so easy to complain and begrudge others for what they have. But have you ever stopped to consider what you have in your life that others don't? Sit down and make a list of 'positives' in your life. Give thanks for those every morning when you wake up. Often we need to remind ourselves of what we really have. Yes, you may be jealous of your friend who found a rich husband and lives in a mansion. However, is she really happy? Is her husband there 24/7 to give her the attention she deserves, or is he constantly working to maintain this lifestyle?

For all you know, she could have all the material wealth but be sitting alone at home every day yearning for attention. When you see her at social functions dressed to the hilt – is it reality or just a show? In the meantime, you have a loving husband who massages your feet when you are tired, and everyone sits around the dinner table at night and talks to each other as a family. Carefully consider all the facts before falling prey to envy!

5. STAY AWAY FROM THE MEDIA!

One of the first steps to changing your thinking is to stop reading the gossip magazines that promote envy. Heat, People, You, Cosmo, etc. Just how many more articles are they

going to produce on great sex and attracting the right person into your life? Stop being conditioned by magazines that love comparing you to 'others' out there. If you must buy a magazine, then look for one that is inspirational, realistic, and builds you up! You'll be amazed at how quickly your attitude changes.

6. IT STARTS INSIDE YOU!

Stop looking from the outside in! Be the inside and work out! Huh? The only place to create a change is within yourself. It's no use complaining and wishing that the 'outside' is different. Start by being the difference yourself!

7. BOYCOTT THE SCHMUCKS!

Sadly, you will always find the arrogant schmuck out there, such as a celebrity, politician, or CEO, who, because of who they know, ends up getting a lucrative business deal and suddenly publishes a book written by a ghostwriter and makes a fortune, or fills a concert with thousands of people while no one even comes to the pub you are singing in. It happens!

You have two choices – avoid all their public appearances. Vote for and follow their competitors and ignore their TV appearances. With a bit of luck, they will be devastated by your behaviour! Odds are they won't even know you exist. But at least you'll feel better for doing it! This is life, and you will always come across such people. Deal with it, accept it, and move on!

8. WORK ON YOUR SELF-ESTEEM

Maybe your childhood was not as positive as it should have been. Maybe your parents did not support you the way they should have. Maybe you had a parent or sibling who always

knocked you down. Maybe your teachers didn't realise your full potential. Hence today, you have low esteem and are envious of others who make a success of their lives. This would be quite a normal feeling to have if your childhood consisted of non-supportive behaviour from others.

Firstly, if you realise this to be the case, you are already a few steps ahead to changing this. You have to accept that those people never knew better, forgive them, and move on. If you don't, you will never get over the envy.

Once you have forgiven, you can now start changing your living patterns and seeking friendships where you will be praised and supported. This conditioned childhood may well have also made you subconsciously pull towards relationships with partners who criticise and demean you, as this is what you grew up with. Hence, you need to stop and think about your friends and partner and ask yourself whether they are doing the same thing your parents did and are keeping you down? Or are they supportive and positive?

If they are keeping you down, you need to make a conscious decision to change your life patterns, make new friends, and find a new partner. Start associating yourself with those who will build you up and support you. If you have this positive support in your life, your self-esteem will start to grow, and you will be able to reach your full potential, and the envy will disappear.

You may also consider going for therapy and life coaching sessions to help you get through this, and this is a good thing. Seek professional help if you need to, as it will help.

In the meantime, keep reminding yourself daily that you are a good person, no matter what others have said. And start with little steps to build your self-esteem. Join a self-help or

community group where people are positive and support you. Go out there and start finding hobbies and other things to do that make you happy. The secret here is to find positive things to do that make you happy and that will support your self-esteem. It can be anything from walking your dog in the park to reading a book in the library or learning to paint. Just go out there and do it!

9. FIND ROLE MODELS

Who do you look up to? Why do you look up to them? Look at them and try to emulate what they do in a positive manner. There is no need to envy them – if they could do it, so can you! This is the same for those who you envy for what they have. Emulate them. Go out there and create the same for yourself!

10. POSITIVE THOUGHTS

A good habit to develop is to turn every negative thought into a positive thought. The moment you start envying someone, turn that thought into a positive. For example, if you envy someone who has a great body and is physically fit, turn it into a positive. Say to yourself, "They are fit and healthy, and I can be too. From now on, I am going to walk for 30 minutes a day, eat healthy food, and get fitter. I will also look like that in the near future." Just the simple act of turning that negative thought into a positive thought will do wonders to your attitude and well-being.

11. STOP COMPARISONS

Stop comparing yourself to others. The media is designed to make you envy others and feel low about yourself. It's all hype, fake news, and designed to keep you down. Just switch off the TV and media and stop comparing. Look within yourself. Make the change from within. Go out there and do what makes you

happy. You don't need to compare yourself to others – just be the best you that you can be!

12. IT'S A JOURNEY

Your life is a journey, and we all start from different places and go on different journeys. Stop comparing your journey to someone else's. We all have different experiences and different things to learn in life. We are all unique. Appreciate your uniqueness and the journey you are on. Make the most of it!

13. PRACTICE GRATITUDE

Every day, make a list of things you are grateful for. It can be anything from the air you breathe to the food you eat. By focusing on gratitude, you shift your attention from what you lack to what you have. This simple practice can help you develop a more positive outlook on life and reduce feelings of envy.

14. CELEBRATE OTHERS' SUCCESS

Instead of envying others, celebrate their success. Be genuinely happy for them and use their achievements as inspiration for your own goals. This positive reinforcement can help build a supportive community around you and reduce negative feelings.

15. SET YOUR OWN GOALS

Focus on your own goals and aspirations rather than comparing yourself to others. Set realistic and achievable goals for yourself and work towards them. This can help you stay motivated and focused on your own path rather than being distracted by what others are doing.

16. BUILD A SUPPORT NETWORK

Surround yourself with positive and supportive people who encourage and uplift you. Having a strong support network can help you stay positive and focused on your own goals, reducing feelings of envy.

17. LEARN FROM OTHERS

Instead of envying others, try to learn from them. Ask them for advice and guidance on how they achieved their success. This can help you gain valuable insights and knowledge that you can apply to your own life.

18. PRACTISE SELF-COMPASSION

Be kind to yourself and practise self-compassion. Acknowledge your achievements and progress, no matter how small they may seem. Treat yourself with the same kindness and understanding that you would offer to a friend.

19. STAY FOCUSED ON YOUR VALUES

Remember what is truly important to you and stay focused on your values. This can help you stay grounded and avoid getting caught up in feelings of envy.

20. SEEK PROFESSIONAL HELP IF NEEDED

If you find that feelings of envy are overwhelming and negatively impacting your life, consider seeking professional help from a therapist or counsellor. They can provide you with the tools and support you need to manage these feelings and improve your overall well-being. By practising these tips, you can reduce feelings of envy and focus on creating a positive and fulfilling life for yourself.

ABOUT THE AUTHOR:



Wolfgang Riebe is a globally acclaimed magical keynote speaker who has inspired millions with his mesmerising performances and motivational speeches. A towering figure in both the magic and speaking industries, he is a best-selling author of over 60 books on magic, business, and inspiration. With over 30 years of experience, Wolfgang has captivated audiences in more than 165 countries, from Hollywood to Singapore, and has starred in over 200 television shows, including his own prime-time series.

Wolfgang's journey began in South Africa, and he has since lived in the UK, Germany, and Switzerland. In 2012, he earned his Certified Speaking Professional (CSP) designation from the National Speakers Association in America, a prestigious honour held by fewer than 750 speakers worldwide at the time. He made history as the first two-term national president of the Speakers Association for Africa and has shared his insights as a TEDx speaker. His groundbreaking research culminated in his acclaimed book, "Complexity Simplified," which has been cited by over 300 doctoral students.

Wolfgang's adventures are as diverse as his achievements. From walking with penguins in Antarctica to exploring the Arctic icecap and surviving force 12 hurricanes, he has lived a life that most can only dream of. His books reflect his passion for sharing his wisdom and helping others find meaning in their lives. Wolfgang embodies the KISS principle, believes in the magic of life, celebrates milestones, and charts paths to future success. He is a rare speaker who practices what he preaches and truly walks his talk, making him a world leader in his field.

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