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Let toxic people go. Really. I know that's easier said than done, especially with a co-worker, a boss, a close friend, a lover, a colleague, a business partner, or a family member, because those are often the worst culprits (and many times the most significant people of our lives).

Toxic people consist of any human that you hang around that consistently causes a negative stress response in your brain. Anyone can have a bad day and stress you out, but toxic people are consistently negative for you. Toxic Behaviors Can Include: Negativity ; Cruelty; Gossip; Victim Syndrome; Drama; Crazy; Lying ; Being Manipulative ; Enjoying Others Suffering Toxic people have the ability to sabotage relationship by threatening your peace of mind and self-improvement. They are threatened by your progress and popularity as your improvement makes them face their shortcomings. The anger and resentment result in manipulation of your emotions so that unconsciously you start putting yourself down.

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