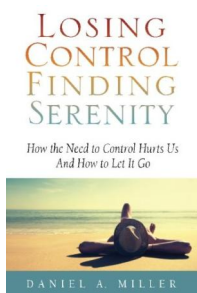


## Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go



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