



The Art of Control: Developing Your Intelligent Emotions and Managing Your Life

Gerald T. Hannah Ph.D.

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We are all in control of our lives. More or less. Dr. Gerald T. Hannah says you should definitely opt for “more.” More control of our thoughts. More control of our feelings. More control of our behavior. That’s the only way to overcome everyday difficulties and truly lead a fuller life. It’s all here for you in *The Art of Control*: real-life stories of people starting out... starting up... or settling in. Is one of them your story?

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