

Letting go of the Need to Control: Hazelden Classics for Clients (English Edition) eBook : M., Ann By Ann M. **Letting go of the Need to controlco** It was like getting a good shake from a friend and helped me see very clearly that I my behavioral patterns were not helping me (and in fact that they were often destructive) and that I needed professional help to change those patterns.

## Letting go of the Need to controldraw

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