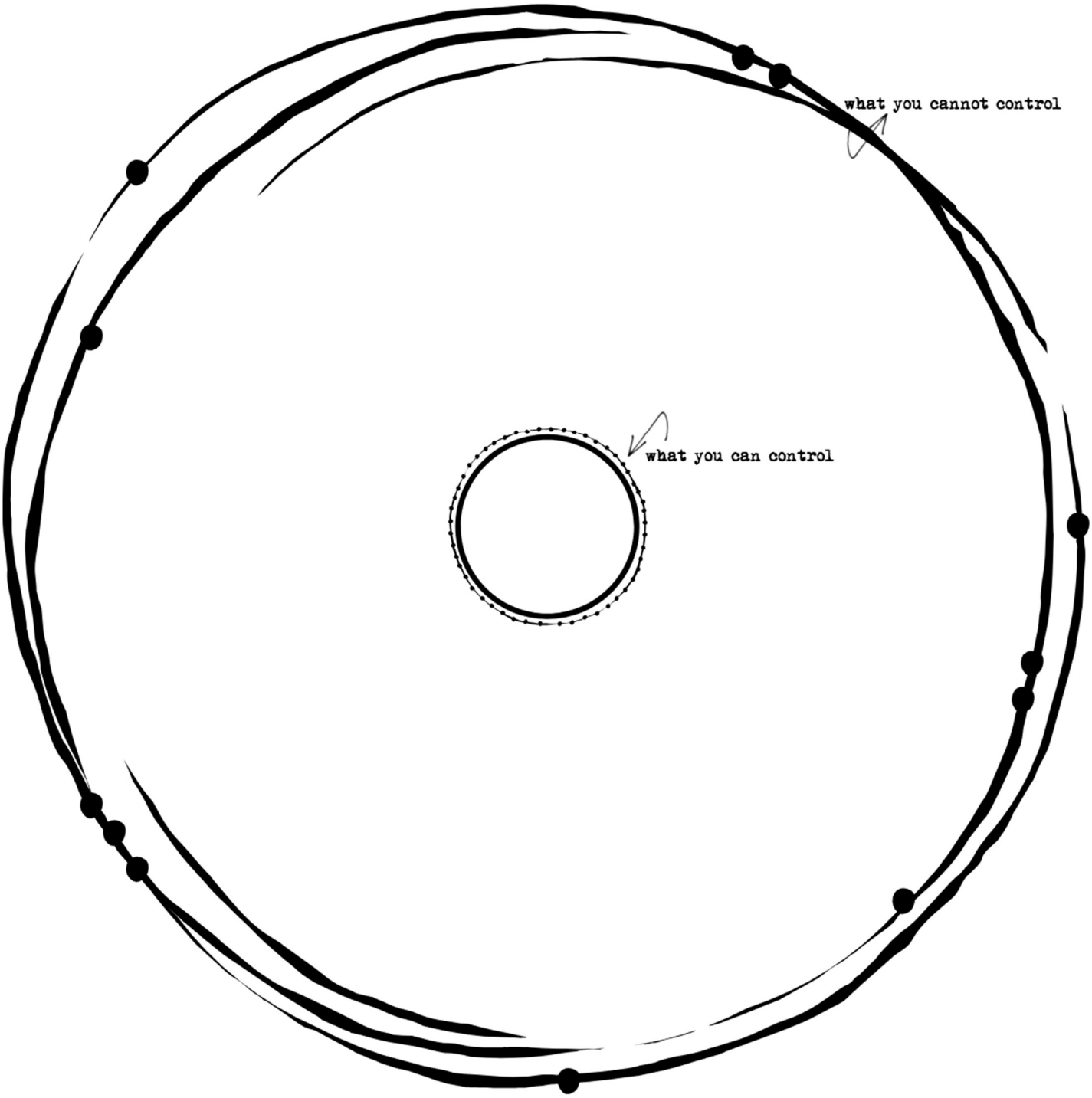

CONTROLLING OTHERS, PARTICULARLY WHEN THEIR BEHAVIORS HAVE NOTHING TO DO WITH YOU, IS NOT HEALTHY. JUST AS YOU HAVE EXPECTATIONS, OTHER PEOPLE CAN HAVE EXPECTATIONS FOR THEMSELVES. JUST AS YOU ARE ENTITLED TO LIVE YOUR LIFE, OTHER PEOPLE ARE ENTITLED TO LIVE THEIRS. -NEDRA GLOVER TAWWAB

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