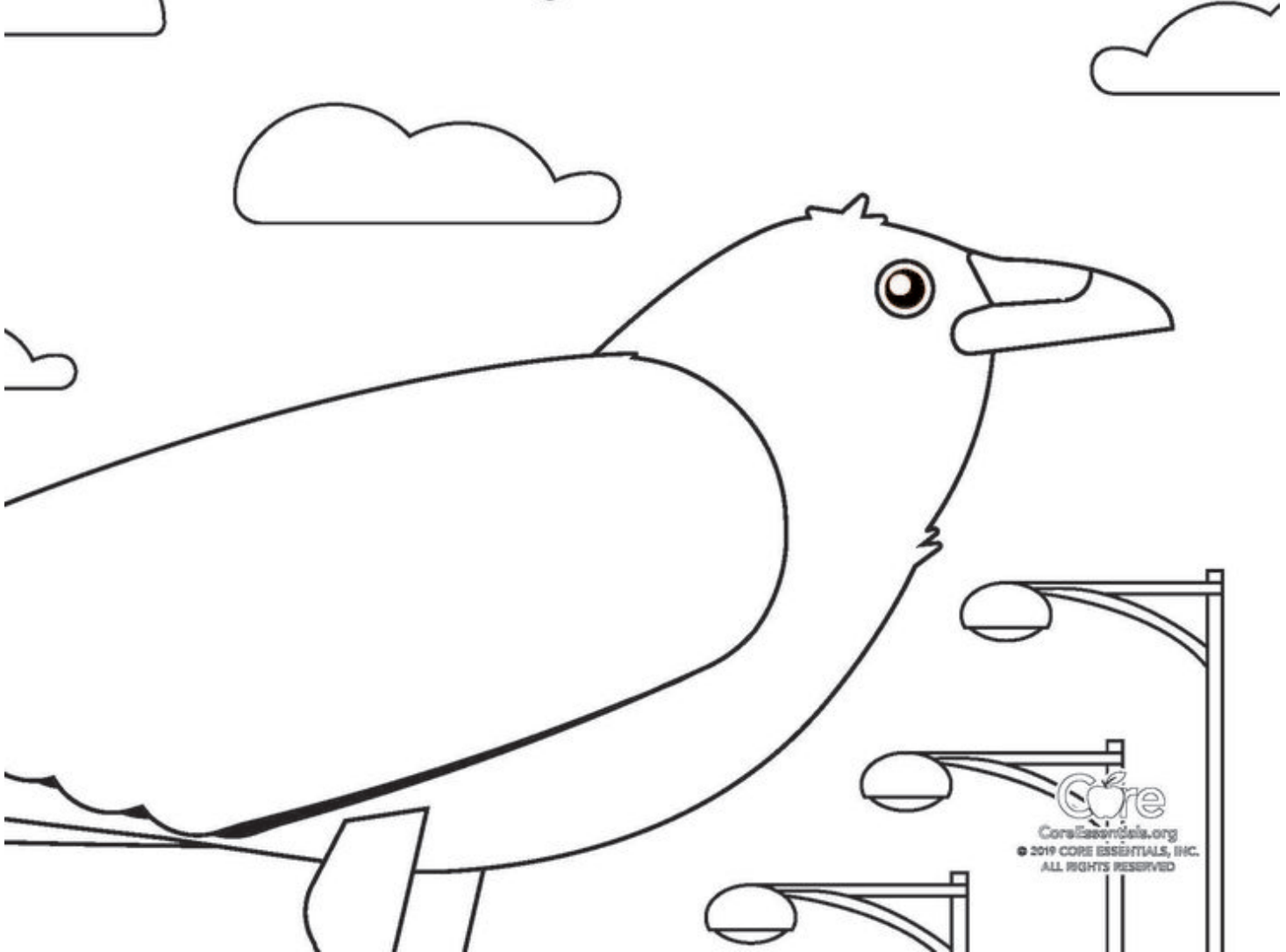


JANUARY 2019 | *Crow*

# SELF-CONTROL

Choosing to do what you should  
even when you don't want to



  
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