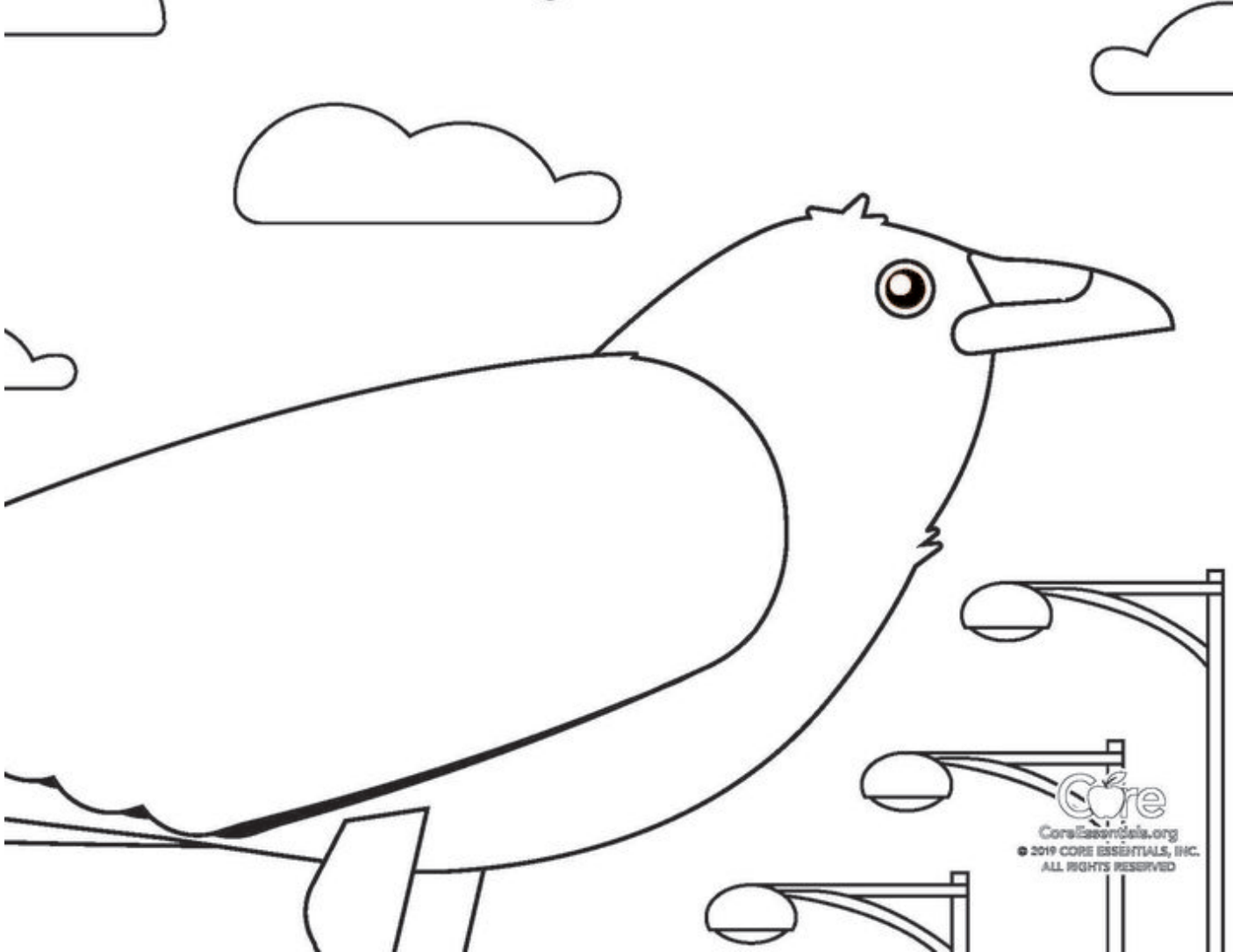


JANUARY 2019 | *Crow*

SELF-CONTROL

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




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