



The Control Freak

Les Parrott III

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They're pushy. Forceful. Impatient. Always in a hurry. And they're usually ready to tell others how to do their jobs "better." Control freaks. Maybe you know one. Maybe you *are* one. What are you to do?

Psychologist Les Parrott (a recovering control freak) helps readers relate better to the control freaks around them. And if *you* are a control freak, Les will help you become willing to lose the control you love. The book includes self-tests and a lifelong prescription for healthier relationships.

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