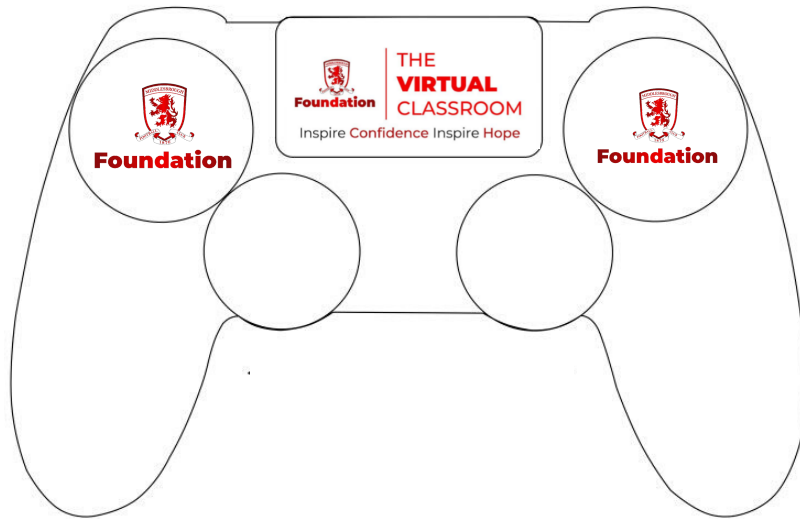


Controlling your Emotions



Things which are out of my control.

How can I respond, or be better prepared for this?

