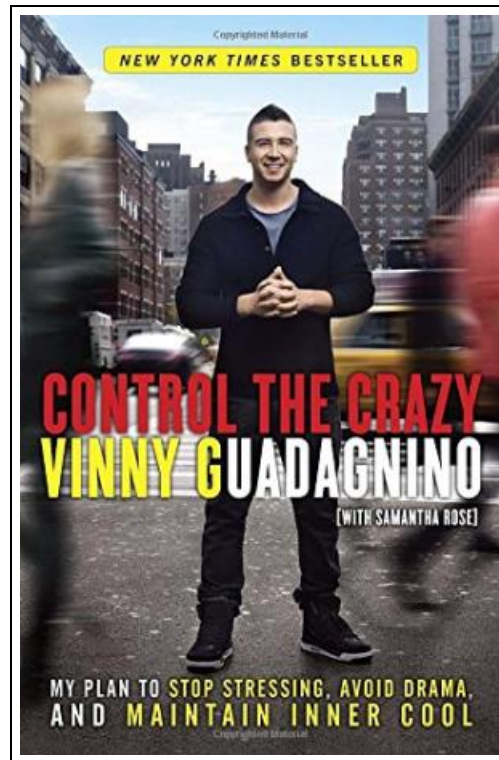


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Reviews

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CONTROL THE CRAZY: MY PLAN TO STOP STRESSING, AVOID DRAMA, AND MAINTAIN INNER COOL (PAPERBACK)

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HARMONY, 2013. Paperback. Condition: New. Language: English . Brand New Book. Vinny Guadagnino, star of Jersey Shore, discusses his lifelong struggle to control the effects of social anxiety and stress, and teaches readers the tools and techniques he s used to stay calm and maintain his sanity in all types of crazy situations--both on and off the show. For more than a decade Vinny has been keeping a secret from his family, his friends, his castmates, and his fans: the fact that he s not as carefree and stress-free as he appears. Vinny suffers from panic attacks that strike without warning. They plagued him throughout his teens, forced him to move home from college, and tormented him during the first season of Jersey Shore. After fleeing the set during the filming of the fifth season of the show, Vinny realized he could no longer keep his problems to himself. It was time to speak out. In this book, Vinny discusses how he s confronted his demons head on, and he gives readers the tools to do so themselves. For the millions of his fans who are also feeling overwhelmed with the world around them and by their own thoughts, Vinny offers a practical plan for taking control of your life, your body, and your mind.



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