

control your mind and master your feelings pdf

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CONTROL Definition & Meaning - Merriam-Webster

control implies a regulating or restraining in order to keep within bounds or on a course.

CONTROL Definition & Meaning | Dictionary.com

To control is to dominate or command something or someone, as in Tomas showed excellent control of his hand several weeks after his surgery. As a noun, control can refer to the act of controlling, as in I can't stand it—my parents have total control over my life!

Control - Definition, Meaning & Synonyms | Vocabulary.com

To have control is to have the power to run something in an orderly way. A skillful teacher maintains control over students who might otherwise waste time or be disruptive.

CONTROL | English meaning - Cambridge Dictionary

CONTROL definition: 1. to order, limit, or rule something, or someone's actions or behaviour: 2. the act of.... Learn more.

Control - definition of control by The Free Dictionary

1. to command, direct, or rule: to control a country. 2. to check, limit, curb, or regulate; restrain: to control one's emotions; to control a fire.

control - WordReference.com Dictionary of English

1. manage, govern, rule. 2. restrain, bridle, constrain.

control - definition and meaning - Wordnik

To exercise control over; hold in restraint or check; subject to authority; direct; regulate; govern; dominate. To have superior force or authority over; overpower.

What does control mean? - Definitions.net

Control refers to the power or ability to direct, regulate, or manipulate something or someone according to desired outcomes or standards. It involves the act of making decisions, setting boundaries, exerting influence, and taking corrective measures to maintain order, efficiency, or authority over a system, process, situation, object, or ...

Control - Remedy Entertainment

After a secretive agency in New York is invaded by an otherworldly threat, you become the new Director struggling to regain Control. This supernatural third-person action-adventure game will challenge you to master a combination of supernatural abilities, modifiable loadouts and reactive environments, while fighting through a deep and ...

Self-control - Wikipedia

Self-control is the ability to regulate one's emotions, thoughts, and behavior in the face of temptations and impulses. [1] It is an aspect of inhibitory control, one of the core human executive functions. [2][3] Executive functions are cognitive processes that are necessary for regulating one's behavior in order to achieve specific goals. [2][3]