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At Taking Control we are committed to helping people face life's challenges with confidence and build the resilience needed to thrive

For over 35 years we have provided compassionate high quality mental health care to people of all ages and backgrounds Jun 5 2025 To take control of your life try to be independent so you don't have to rely on others for your emotional or financial well being

Also set goals for yourself like improving your relationships or being healthier which will give you things to work toward and help you feel more in control Sep 24 2025 Self control helps you achieve goals by letting you manage your actions and resist temptations

Practicing self control regularly can make it stronger over time. Avoiding temptations and making a plan can improve your self control Jan 17 2023 Being out of control is frustrating

In this guide I will teach you 11 different ways to take control back over your life Nov 10 2023 Learn how to take more control of your life

Our 10 tips will help you focus your mind and thoughts and empower you to feel more in control of your future Sharing her journey from the throes of addiction to leading a multibillion dollar foundation Hall shares tactical wisdom for increasing your ability to see and act on life's hidden degrees of freedom showing how even the most trapped among us can discover a path to fulfillment Mar 6 2024 Feeling lost? Taking back control of your life is within reach

Here are 11 actionable ways to finally take control of your life's direction.

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