



# Control the Crazy: My Plan to Stop Stressing, Avoid Drama, and Maintain Inner Cool

*Vinny Guadagnino, Samantha Rose*

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We all have the power to make our lives better in an instant. You have absolute power to control your crazy. In his new book, Vinny from *Jersey Shore* shares the step-by-step program that has helped him get a handle on his anxious mind *and* filled him with a sense of personal power and control that has rocked every facet of his life.

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