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Self-harm - Wikipedia -

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The Tiny Guide to Self-Discipline - Myrko Thum -

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Self-control - Wikipedia -

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12 Essential Skills - balancedweightmanagement.com -

Sat, 07 Jul 2018 04:07:00 GMT - In 1990, in my role as a science reporter at The New York Times, I chanced upon an article in a small academic journal by two psychologists, John Mayer, now at the University of New Hampshire, and Yale's Peter Salovey. Mayer and Salovey offered the first formulation of a concept they called "emotional intelligence."