



# The Control Freak

By Les Parrott III

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## The Control Freak By Les Parrott III

They're pushy. Forceful. Impatient. Always in a hurry. And they're usually ready to tell others how to do their jobs “better.” Control freaks. Maybe you know one. Maybe you *are* one. What are you to do? Psychologist Les Parrott (a recovering control freak) helps readers relate better to the control freaks around them. And if *you* are a control freak, Les will help you become willing to lose the control you love. The book includes self-tests and a lifelong prescription for healthier relationships.

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### Editorial Review

#### About the Author

#1 New York Times bestselling author Les Parrott is co-founder, with his wife, Leslie, of the Center for Relationship Development on the campus of Seattle Pacific University and the bestselling author of High-Maintenance Relationships, Love the Life You Live (with Neil Clark Warren), Love Talk (with Leslie Parrott), 3 Seconds, and 25 Ways to Win with People (with John C. Maxwell). Dr. Parrott is a sought-after speaker to Fortune 500 companies and holds relationship seminars across North America. Dr. Parrott has been featured in USA Today, the Wall Street Journal, and the New York Times. His many television appearances include The View, The O'Reilly Factor, CNN, Good Morning America, and Oprah. To learn more, visit [www.lesandleslie.com](http://www.lesandleslie.com)

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