

Control The Crazy My Plan To Stop Stressing Avoid Drama And Maintain Inner Cool Vinny Guadagnino

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In Control the Crazy, Vinny shares the triple-threat mind-body-spirit program that he uses every day to help keep him centered on and off the set. You can immediately put his uniquely fresh and straightforward “kick-ass” mental, physical, and spiritual tools to work in your own life.

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You have absolute power to control your crazy. While he's best known as the voice of reason and the most level-headed cast member on MTV's Jersey Shore, what most people don't know about Vinny Guadagnino is that he suffers from general anxiety disorder, a mental condition he shares with more than 40 million adults in the United States alone, and one he's battled for most of his young

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