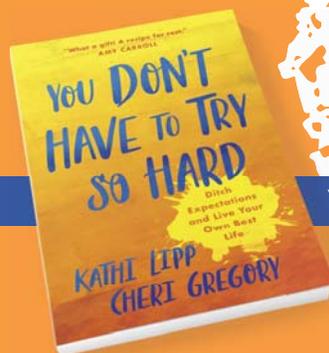


THE 3 MOST IMPORTANT THING TO KNOW IF YOU SUFFER FROM PERFORMANCISM

1. Effort doesn't equal value
2. Productivity can be a way of hiding
3. Control is not respect or love



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