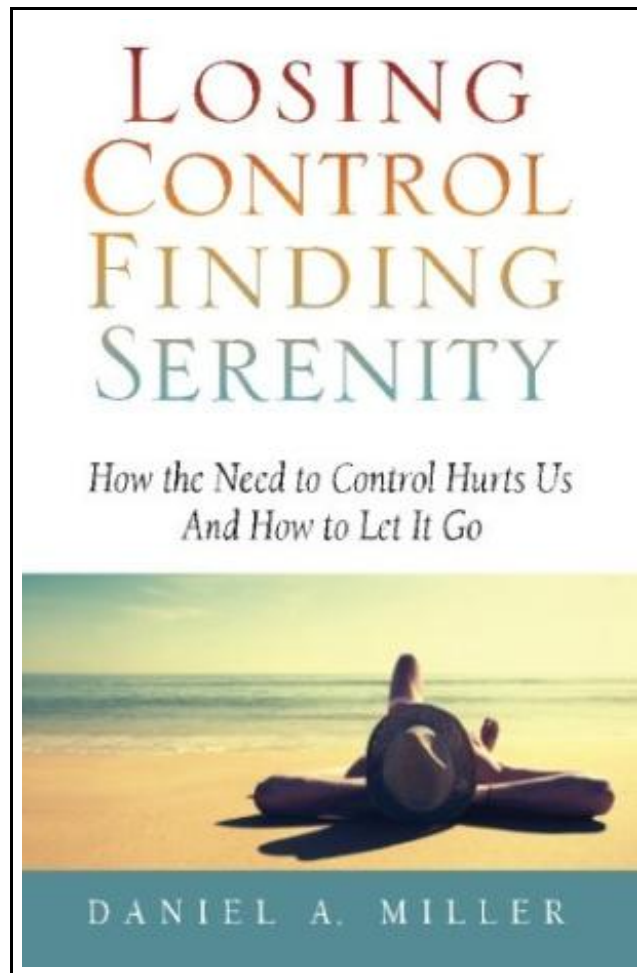


## Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go



Filesize: 1.2 MB

### ***Reviews***

*This publication is wonderful. It can be rally fascinating throgh reading period of time. You are going to like the way the writer create this publication.*

*(Mrs. Piper Jacobi)*

## LOSING CONTROL, FINDING SERENITY: HOW THE NEED TO CONTROL HURTS US AND HOW TO LET IT GO

[DOWNLOAD](#)

Ebb and Flow Press. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 8.4in. x 5.6in. x 0.7in. ForeWord Reviews 2011 Book of the Year Award Finalist! What Would Your Life Be Like If You Simply Let Go of Control At work, they oversee every detail of every project and expect nothing less than perfection from their coworkers. At home, they obsess over finding the right person. Then, they criticize their lover or spouse for doing everything wrong. As parents, they practice zero tolerance for their childrens preferred study practices, choice of friends, dress choices, and differing life views. Sound familiar Everyone knows the type: micromanagers, nitpickers, and domestic despots. Yet, most people fail to recognize the signs of a compulsion to control in themselves--or realize the toll of their behavior on their career, their family, their friendships, and their own happiness. In *Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go* (Ebb and Flow Press, 2011) Daniel Miller pinpoints the dangers of excessive control. Whats more, he shows those who feel the pressure to control how to break free and reap unexpected gifts. Sharing his journey of transformation, Miller reveals what happened when he finally decided to surrender: his blinders fell away, new opportunities emerged, and he experienced unprecedented, profound inner peace. Drawing on psychological insights, spiritual wisdom, and the real-life stories of acknowledged control freaks, *Losing Control, Finding Serenity* guides readers through an honest inventory of their control patterns--whether prodding, cajoling, withdrawing, playing the martyr, or intimidating--down to the roots. As most controllers will discover, their compulsion to control is provoked by deep-seated fear, anxieties, and insecurities, then aggravated by anger and resentments. Filled with enlightening true stories, *Losing Control, Finding Serenity* gives readers the knowledge, the courage, the strategies, and the...



[Read Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go Online](#)



[Download PDF Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go](#)

## Other Books



**Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

[Download Book »](#)



**Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you...

[Download Book »](#)



**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Download Book »](#)



**The Diary of a Goose Girl (Illustrated Edition) (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Claude A Shepperson (illustrator). Illustrated. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was...

[Download Book »](#)



**The Romance of a Christmas Card (Illustrated Edition) (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Ercole Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was...

[Download Book »](#)