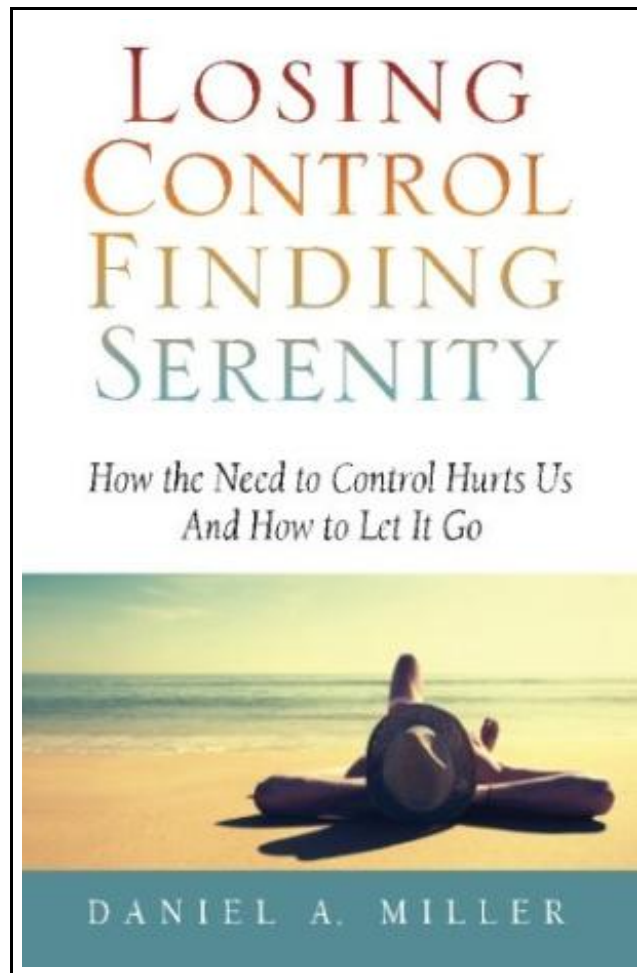


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Ebb and Flow Press. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 8.4in. x 5.6in. x 0.7in. ForeWord Reviews 2011 Book of the Year Award Finalist!What Would Your Life Be Like If You Simply Let Go of Control At work, they oversee 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...



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