

LOSING CONTROL FINDING SERENITY

*How the Need to Control Hurts Us
And How to Let It Go*



DANIEL A. MILLER

Losing Control Finding Serenity How The Need To Control Hurts

Daniel Miller



Losing Control Finding Serenity How The Need To Control Hurts:

Losing Control, Finding Serenity Daniel A. Miller, 2012-07-12 ForeWord Reviews 2012 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 children s 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 which goes far beyond setting limits and standards in all aspects of life What s 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 decontrol tools to Identify and overcome the control triggers of fear anger and resentment Avoid avoidance with techniques for overcoming procrastination and reassuring exercises for resisting the urge to withdraw from loved ones Become a less domineering parent build a family democracy and reduce the struggles with children Find and keep the right person by accepting who he or she is rather than trying to change their romantic partner Delegate to and trust coworkers to reap increases in productivity efficiency and job satisfaction and reduce conflict and dissension Learn to be patient and calmly accept what is even when adversity strikes to enjoy a more fulfilling and serene life Pursue your passions and achieve greater life balance in a chaotic unpredictable world that s frequently beyond anyone s control **Losing Control Finding Serenity** offers welcome encouragement and validation for going with the flow of life as it is an ongoing every changing mystery Find out how losing control really means gaining control **Losing Control, Finding Serenity** Daniel Miller, 2017 ForeWord Reviews 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 children s 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 Daniel A Miller pinpoints the dangers of excessive control What's 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 decontrol tools to Identify and overcome the control triggers of fear anger and resentment Become a less domineering parent build a family democracy and reduce the struggles with children Find and keep the right person by accepting who he or she is rather than trying to change their romantic partner Free your creative flow and process Delegate to and trust coworkers to reap increases in productivity efficiency and job satisfaction and reduce conflict and dissension Learn to be patient and calmly accept what is even when adversity strikes to enjoy a more fulfilling and serene life In a chaotic unpredictable world that's frequently beyond anyone's control *Losing Control Finding Serenity* offers welcome encouragement and validation for going with the flow of life as it is an ongoing every changing mystery Find out how losing control really means gaining control Critical Acclaim For the Book Daniel A Miller has done an amazing job in delving deeply into the crevices of how most of us would need to be in control one way or another in varying degrees not always realizing how it rules and affects our lives and even more so the lives and happiness of others Daniel has clearly lived it seen the damage and has learned from it and has designed a formula to teach people how to change these controls by finding understanding and releasing issues one step at a time He has created a way of guiding and educating the reader in a very understandable and logical way to help everyone Let Go A must read for everyone IN LIGHT TIMES

The Gifts of Acceptance: Embracing People and Things As They Are Daniel A Miller, 2022-01-27 A Library Journal Best Wellness Book of 2018 2018 Self Help Silver Medal Winner Independent Book Publishers Association 2018 Non Fiction Audio Book Silver Medal Winner Independent Book Publishers Association 2018 Foreword Reviews Book of the Year Award Finalist Family of life's adversities and the limitations of getting older and perhaps toughest of all of yourself You will learn how practicing acceptance helps you Navigate life's ups and downs more easily Enjoy greater trust openness and intimacy with your loved ones and those closest to you Survive control freaks foes and other crazy makers Lift self imposed

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Dealing with Loss of Control Simone Janson, 2025-05-07 Also in the 7th revised and improved edition published by a government funded publisher involved in EU programs and a partner of the Federal Ministry of Education you receive the concentrated expertise of renowned experts overview in the book preview embedded in an integrated knowledge system with premium content and 75% advantage At the same time you do good and support sustainable projects Because the credo of our society is to have your life under control and to be able to control your own success Especially in social media the image of a perfect world is often presented In this world the loss of control is the ultimate narcissistic insult And yet this is exactly what happens every day in both major and minor crises It is then crucial to have enough resilience and flexibility to deal with such a new situation quickly and correctly This applies to personal changes as well as to global crises How do you evaluate such situations as objectively and without fear And how can one learn from these situations what can be done better for the future With its integrated knowledge system and Info on Demand concept the publisher not only participated in an EU funded program but was also awarded the Global Business Award as Publisher of the Year Therefore by purchasing this book you are also doing good The publisher is financially and personally involved in socially relevant projects such as tree planting campaigns the establishment of scholarships sustainable innovations and many other ideas The goal of providing you with the best possible content on topics such as career finance management recruiting or psychology goes far beyond the static nature of traditional books The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice In doing so expertise and technical innovation go hand in hand as we take the responsibility of delivering well researched and reliable content as well as the trust you place in us very seriously Therefore all texts are written by experts in their field Only for better accessibility of information do we rely on AI supported data analysis which assists you in your search for knowledge You also gain extensive premium services Each book includes detailed explanations and examples making it easier for you to successfully use the consultation services free of charge available only to book buyers Additionally you can download e courses work with workbooks or engage with an active community This way you gain valuable resources that enhance your knowledge stimulate creativity and make your personal and professional goals achievable and successes tangible That's why as part of the reader community you have the unique opportunity to make your journey to personal success even more unforgettable with travel

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The Enigmatic Realm of **Losing Control Finding Serenity How The Need To Control Hurts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Losing Control Finding Serenity How The Need To Control Hurts** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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