

# 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

**Paul Maslow**



## **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 burdens

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NAVIGATE LIFE S HIGHS AND LOWS WITH GREATER EASE AND CLARITY      **Life's Parachutes** Paul Coleman,Paul W. Coleman,1993 A psychologist and marriage and family therapist offers healing ways to cope with crisis With compassion and understanding Dr Coleman guides readers toward the attitudes and strategies that help end anxiety Reveals four concrete steps for dramatically reducing problems and eight things to know about crisis change and determination      Compelled to Control Keith Miller,1992 Written with a 12 Step focus this ground breaking work identifies the need to control as the major cause of relationship breakdown Highly readable and inspirational the book tackles this nearly universal phenomenon and offers a way out of the dilemma      National Parent-teacher ,1946      *Alcoholism, a Family Matter* Health Communications,1984      Cancer Pain Management Michael Fisch,Allen Burton,2007 Provides in depth coverage of all the interventional and medical strategies needed for effective cancer pain management Logically organized this practical guide starts with general principles in cancer pain management followed by management of specific cancer pain syndromes unique issues interventional techniques and other specialized approaches Reflecting an approach to pain management developed at the prestigious M D Anderson Cancer Center Cancer Pain Management addresses the full spectrum of cancer pain syndromes and reviews the selection and administration of various treatment options      **The American Journal of Clinical Medicine** ,1911      **The P.T.A. Magazine** ,1946      *The Medium and Daybreak* ,1880      **Unity** ,1881      **The Analysis and Control of Human Experiences** Paul Maslow,1947      *The Ohio Farmer* ,1921      **McClure's Magazine ...** ,1920

**Reactions and Other Essays Discussing Those States of Feeling and Attitudes of Mind that Find Expression in Our Individual Qualities** John Daniel Barry,1915      *The Saturday Evening Post* ,1928      **Works** Samuel Johnson,1873

**The Party's Over** Katy Hendricks,1992 This is a true to life tale both of and for our times a story of ambition of a fall from grace and ultimately of redemption Katy Hendricks pseudonym was the all American success story From working class origins in small town Pennsylvania Katy moved up the ladder to social and academic success in the big city But behind the facade was an insecure young woman increasingly dependent on alcohol and cocaine The pressures of academic overachieving exacted a cruel toll The author tells us how she became addicted in her mid twenties She describes what it is like to be high and to overdose her daily struggle to stay clean and the terrible nightmares she experienced during her first year of recovery Her frank account makes a timely contribution to the current reevaluation of values and priorities

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