

Losing Control Finding Serenity How The Need To Control Hurts

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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 ...

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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.

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Daniel A. Miller, a.k.a. Danny Miller, is the author of Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go (Ebb & Flow Press, March 2011), which was a Forward Reviews Book of the Year Award Finalist. Like most compulsive controllers, Danny Miller was always driven to succeed.

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