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Losing Control, Finding Serenity: How The Need To Control Hurts Us And How To Let It Go

LOSING CONTROL FINDING SERENITY

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



Synopsis

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. 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.
- *Reduce co-dependency
- *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.

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Customer Reviews

Good read, easy to get through & had some valuable insights. Not earth shattering & he talked a lot about his experiences & how his life changed as he learned to release control, which was fine, just not super interesting or relatable to me.

I was a bit sceptical when this book was recommended to me because I have read SO very many books over the years that just left me more confused than when I started but I am really loving Danny's book. It's well laid out with lots of really good examples and simple strategies. It's not overly jargony or complex. The scenarios are easily relatable and solutions easily adaptable. I like how he has merged eastern philosophy so easily with 12 step lessons and general psychology principles in a way that make it understandable. I bought the ebook originally but I think I need to get the paperback now so I can highlight and flip back easily to parts that particularly apply to me. The book is really helping me to see my way more clearly through some big changes that are taking place in

my life, which is exactly what I needed but didn't know it until I started reading. Thank you Danny for spelling it out for me.

I like this book but I wish there were more solutions and exercises for each situation he describes. A more "how to" rather than just recognizing how we control things. If I don't control what I'm working on- then how am I guaranteed it is going to get done when I know the other workers are not effective? I am good at letting go of control when I know others around me are competent. Still, just knowing that I stress myself out in situations where results don't matter gives me lots to work on in the meantime. Thanks Daniel!

Good advice with more business examples than most others. Still solid in the 12 Steps without being overly so. Probably worth reading every-so-often.

I appreciate the emphasis on how being a controller in life, love and work really sabotages effectiveness, happiness, and collegiality. Problems in interpersonal dynamics led me to this book, but the author's easy writing style interspersed with real-life examples kept me reading. Thanks.

This book is fairly well laid out and offers good advice. I was hesitant about this book because the author is not a "professional" therapist or anything like that, but I found that did not matter. The author is sharing his own experiences and what has helped him and others he knows to overcome controlling behavior. I didn't relate to everything he wrote about, but I found his overall idea very helpful. The advice sticks with you.

"I was given your book as a gift in my 70th birthday year. I never thought of myself as a controlling person until I saw myself in every chapter. I've read it two times and now flip random pages. My life has changed for the better since letting go of control with my five sons and my relationship. Now opportunities come to me surprisingly effortlessly. Thank you Dan for sharing your story - it is very courageous of you to do. Because of your book I am experiencing mental peace and liberation." Rahamim Ron - Israel

Danny Miller's book arrived two days ago and I have read it: how's that for reader enthusiasm! I congratulate Danny Miller on having written *Losing Control Finding Serenity*. Not only did I recognise myself in much of what he has written but, unlike many other 'self-help' books, his is the

work of a lifetime and it shows. His personal experience - either direct or indirect through people he has known well - jumps off the page and speaks to the core of who we are. Having had to relinquish control in my own long and arduous journey with bipolar disorder, I know how crucial Danny Miller's approach is to survival and sustainability. Never condescending or facile, the book's gentle 'repetitive' encouragement is enjoyable and powerful. I loved it Gabrielle Blackman-Sheppard (aka Bi-Polar Girl)

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