



Losing Control, Finding Serenity

Daniel A. Miller

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ForeWord Reviews 2011 Book of the Year Award Finalist in self-help category.

What Would Your Life Be Like If You Simply Let Go of Control?

Do you criticize your spouse, nag your children, or hover over coworkers in an attempt to control them or prevent them from making mistakes? What if you let events unfold without resisting? Accepted people for who they are instead of trying to change them? Stopped pressuring your coworkers? Stopped telling your family what's best for them?

When you let go of control, your blinders come off and you can engage in life's currents in an intuitive manner. The rewards are unexpected and often exciting. Conflicts diminish. Family bonds strengthen. Intimate relations become more intimate. Creative horizons expand. Work becomes more rewarding.

Losing Control, Finding Serenity provides practical strategies and decontrol tools to help you

- Reduce the control triggers of fear, anger, and resentment
- Make work less stressful and more profitable
- Find lasting love and intimacy
- Reduce the struggle with your children
- Overcome procrastination and achieve your creative potential

When you begin to accept life as it is, you will learn that losing control brings contentment to you -and those around you.

Find out how losing control really means gaining control.

Losing Control, Finding Serenity Details

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Author : Daniel A. Miller

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From Reader Review Losing Control, Finding Serenity for online ebook

Kevin Brittleton says

Not a bad attempt at tackling the issue of controlling behaviour and how it can damage relationships, an area that is severely underrepresented in terms of self development book.

Found the anecdotes to be a little too form fitting to each lesson and I suspect that some may have been fabricated to demonstrate the point.

If I could give half stars I would give this 3.5 but it is not good enough for 4 unfortunately.

Tobhiyah says

Good book

This was a good read. Not earth shattering in aha moments, but probably the best place to start taking baby steps toward living a life that goes more with the flow rather than swimming upstream against it, trying to control the current of a river instead of tubing along it!

Briana says

Woot!!!!!! I just won this book on Goodreads Giveaways! I can't wait to read it! Thank you for the opportunity to win great books!! <3

Jessica says

I received this book through Goodreads First Reads. Some of the information could be applied to my life, but it became a little repetitive for me.

Sarah Obsesses over Books & Cookies says

Meh

Me_freezy says

It's one of the best and most helpful books I've ever read. Not only does it give you advice on how to give up on control in various aspects of your life, but it flows so easily and naturally that it calms you just by enjoying the ride. A definite must-read for all people facing the anxiety and frustration in their lives!

Nmirz Reisch says

It's good book for self improvement. Love it very much!

Vinska says

Great read. I read easily through the first part of the book. So relatable! The second part of the book was a lil hard reading because of the irrelevance to my particular self. It explains how to let go of control during sports/when doing art/in the workplace ect. The sports and art part were definitely unrelatable so I didn't really care for that part.

So overall, definitely a great read! If you're a controller or you feel like you might be, trust me reading this you will definitely know! + you get some useful tips how to let go. It has given me a different perspective on how to go about things and it has given me tips to learn to let go.

Chrysti says

I felt like I should have been an alcoholic or drug addict after reading this book. In almost every chapter a twelve step program is mentioned as the way to "lose control". Also I don't think the author did any research on controlling personalities. The entire book seems to be written from personal experience which isn't enough to make me take this book seriously.

Andrej Kamenský says

Táto kniha mi na začiatku mojej cesty k vnútornému pokoju dala celkom veľa. Jej obsah a so širším kontextom a súvislosťami sa opakuje aj v knihách o mindfulness a pod., no v záse jej čítania bola táto kniha pre mňa zjavením.

kylajaclyn says

For a book that took twenty years to write, I wish it weren't so... generic. Does anyone else hate self-help books that give you little vignettes of people's lives and what worked for them? It drives me nuts.

Becky says

As someone with control issues, this book helped me immensely. I need to read this every couple of months I'm sure. It has helped me so much.

Christine Rice says

Losing Control, Finding Serenity is a self-help book about how being controlling – over people and events – disrupts the natural course of life and hinders life and relationships. This is a book for everyone, because almost everyone does some degree of controlling in their lives. This book will help you realize where you have been controlling in your life and how to be less controlling. It also discusses the author's past experiences as a controlling person and how his life is different since he stopped being controlling and began trusting in the natural “waves” of life. He speaks about how various aspects of his life – finances, relationships, career, and hobbies – has improved since he stepped out of the way and let life take over. His personality and perspective on life has improved by being less controlling. He has less stress and worry. He shares how you too can let go of control and find happiness and success.

The book covers many topics that are helpful for losing control: what being controlling is like and how it hurts people, how to stop controlling behaviors, how to learn acceptance, how to embrace your personal truths, how to be less fearful and trust that life will turn out how it's supposed to, how to let go of anger and resentments, and how to stop avoiding tasks that you are apprehensive about. The book also describes and explains how to let go of control in certain parts of life, such as parenting, relationships, sports, the arts, and work.

This book is well worth the small investment. It is full of information on control, examples of the author and his friends of their controlling lives and how they changed, and how to change your controlling behaviors and your controlling personality. This book has the power to change your life for the better. I learned a lot from it and I highly recommend it.

Caitlin says

I won this book in a goodreads contest. I'm looking forward to seeing if this book helps to bring a sense of peace into my life. I'm a college student so I'm willing to give anything a shot.
