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Losing Control, Finding Serenity by Daniel A. Miller

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How To Master \u0026 Control Your Emotions

Find Serenity - A Meditation on the Prayer by Paul Babin

Surrender Meditation | A Spoken guided visualization (Letting go of control) 3

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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.
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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. As most controllers will discover, their

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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 Foreward Reviews Book of the Year Award Finalist. Like most compulsive controllers, Danny Miller was always driven to succeed.

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Letting go of the need to control is one of my passions. Researching topics for the "Letting Go" page I administer has been a wonderful source of enlightenment.

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Among the many books written on this issue, "Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go " is in a class by itself.

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