



Losing Control, Finding Serenity (Paperback)

By Daniel A Miler

Ebb and Flow Press, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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 (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...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger