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Losing Control, Finding Serenity

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 Stoic Ways Of Letting Go Beautiful Relaxing Music for Stress Relief ~ Calming Music ~ Meditation.

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Worries: GUIDED MEDITATION Overcoming Trials, Finding Peace Trusting God ~~Relaxing Sleep Music: Deep Sleeping Music, Relaxing Music, Stress Relief, Meditation Music~~ ☐68

Rest Be Still and Trust God [AUDIO BIBLE - Overcome Weariness] ~~Watch This If You Want Real Peace~~ | Gaur Gopal Das Losing Control Audiobook A Babysitting A Billionaire Novel Losing Control Finding Serenity How

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 ...

*Losing Control, Finding Serenity: How the Need to Control ...* 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

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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.

*Losing Control, Finding Serenity: How the Need to Control ...* 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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## LOSING CONTROL, FINDING SERENITY: HOW THE NEED TO CONTROL ...

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. 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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