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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, Relaxation, Sleep, Spa Finding Serenity How to get stuff done when you are depressed | Jessica Gimeno | TEDxPilsenWomen

Guided Christian Meditation For Deep Sleep Let go of control by watching this video (Life Changing) Joel Osteen - Peace With Your Scars Relaxing Music for Meditation. Calm Background Music for Stress Relief, Sleep, Yoga, Massage, Spa *Removing Negative Self Talk | Abria Joseph | TEDxYouth@NIST*

Beautiful Relaxing Music • Peaceful Piano Music \u0026 Guitar Music | Sunny Mornings by Peder B. Helland*Unwavering Focus | Dandapani | TEDxReno Don't Waste Your Pain | Joel Osteen* How To Let Go Of Control And Trust Life **Godsmack - Serenity (Official Music Video)**

Happiness is all in your mind: Gen Kelsang Nyema at TEDxGreenville 2014*When We Feel Helpless - Radio Classic - Dr. Charles Stanley* LET GO of Anxiety, Fear \u0026 Worries: GUIDED MEDITATION Overcoming Trials, Finding Peace Trusting God ~~Relaxing Sleep Music: Deep Sleeping Music, Relaxing Music, Stress Relief, Meditation Music 768~~ *Rest Be Still and Trust God [AUDIO BIBLE - Overcome Weariness]* ~~Watch This If You Want Real Peace I Gaur Gopal Das~~ **Losing Control Audiobook A Babysitting A Billionaire Novel Losing Control Finding Serenity How**

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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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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. 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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