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The Search For Serenity And How To Achieve It Lewis F. Presnell
2016-07-26 This book is about people who have found it necessary to change the way they feel. They have learned that one’s feelings are largely the result of certain complex patterns of habit. To change these emotional habits requires understanding, patience and self-discipline. In simple language this book attempts to describe some of the practical ways in which one can replace misery with serenity.

Serenity Everythings Shiny Colouring Bk Fox 2017-10-24 Influence the 'verse like never before as you bring colour to these black and white illustrations! Featuring Captain Mal and all the members of his crew: first mate, pilot, mechanic, doctor, mercenary, companion, preacher, and rescued psychic. You'll also find landscapes, cityscapes, and scenes of space: western-inspired towns, futuristic ports, a galaxy of planets - and so much more. These original and inspired illustrations take you into the world of Serenity, from the core worlds all the way to the outer rim!

A Beginner's Guide to Japanese Tea Per Oscar Brekell 2021-12-07 Do you know the difference between a bancha and a hojicha? How to brew the perfect matcha? With this book you will! Japanese tea expert Per Oscar Brekell is one of the few foreigners to complete the difficult training in Japan as a tea instructor. Now, with this book, he shares the secrets and insights he's gleaned from a career dedicated to promoting and preparing this ancient beverage. Combining a practical approach with in-depth knowledge and a keen eye for the healthful benefits of tea, this visual guide will help you understand everything from how tea is picked and processed to the physical and mental health benefits that come from drinking it. Through stunning color photos and engaging information from Brekell, readers of this book will get: A guided tour of Japan's main tea-growing regions, from Uji/Kyoto to Shizuoka and Kagoshima, and a journey from leaf to cup An introduction to top-grade premium and single-estate Japanese teas like yabukita, koshun, yamakai, sofu and asatsuyu A detailed guide to brewing Japanese teas to enhance their flavor and to highlight their healthful properties An in-depth look at traditional Japanese teapots and teacups A curated selection of teas suitable for home brewing and serving in various situations Every tea lover will find something to savor in this comprehensive introduction to the incredible world of Japanese teas.

Essential Life 6th Edition Total Wellness Publishing 2019-08-13
Firefly: Legacy Edition Book Two Joss Whedon 2019-02-12 The official follow-up to the critically acclaimed hit film Serenity, that sees the band of space outlaws scattered to the far ends of the universe, on the run from the Alliance From the heart of the Whedonverse comes the next chapter of Firefly! Picking up where the critically acclaimed film Serenity left off, the ‘Verse is on the brink of war, and Captain Mal and his crew are on the run from the Alliance and an old, unstoppable foe. Babies are born, friends are lost, and there’s a new sheriff in town to lead the Browncoats into battle. With the crew scattered to the far ends of the ‘Verse, it’ll take quite a gamble to pull them back together . . . but when the chips are down, never bet against Captain Malcolm Reynolds! Contains: * Leaves on the Wind #1-6 * “The Warrior and the Wind” * No Power in the ‘Verse #1-6

The Official Companion Season Three David Bassom 2007 A guide to the third season of the television series "Battlestar Galactica" provides episode summaries along with notes on the characters, production and costume design, visual effects, and music, plus a preview of season four.

Fireflies 7 Fireflies 2020-03
Women Garden Designers Kristina Taylor 2015 Presents twenty-seven of the most important and influential women garden designers and their gardens from around the world.
The 5 Levels of Leadership John C. Maxwell 2011-10-04 Use this helpful book to learn about the leadership tools to fuel success, grow your team, and become the visionary you were meant to be. True leadership isn't a matter of having a certain job or title. In fact, being chosen for a position is only the first of the five levels every effective leader achieves. To become more than "the boss" people follow only because they are required to, you have to master the ability to invest in people and inspire them. To grow further in your role, you must achieve results and build a team that produces. You need to help people to develop their skills to become leaders in their own right. And if you have the skill and dedication, you can reach the pinnacle of leadership—where experience will allow you to extend your influence beyond your immediate reach and time for the benefit of others. The 5 Levels of Leadership are: 1. Position—People follow because they have to. 2. Permission—People follow because they want to. 3. Production—People follow because of what you have done for the organization. 4. People Development—People follow because of what you have done for them personally. 5. Pinnacle—People follow because of who you are and what you represent. Through humor, in-depth insight, and examples, internationally recognized leadership expert John C. Maxwell describes each of these stages of leadership. He shows you how to master each level and rise up to the next to become a more influential, respected, and successful leader.

The Ultimate Origami Book Larousse 2020 "Twenty projects with complete step-by-step illustrations and instructions are presented, along with 184 sheets of craft paper in a range of colors and patterns"--
Book Softcover the Serenity Prayer Promise Book 2019-07-15
Kinsley Cute Unicorn Sketchbooks 2020-01-02 Looking for the perfect present for your daughter, sister, nephew niece, niece, kidos, kids, toddlers girls, teens or tweens or for any special someone in your life who loves unicorns !? then you need this fun cute unicorn sketchbook. This custom named Drawing Book is the perfect place to create your masterpiece. Filled with 120 blank pages with standard 6"x9" sized pages and a high-quality full-pink color SOFT glossy cover. Get it for yourself or grab it as a gift for her for Birthday, Anniversary, Valentines Day, Christmas, Mother's Day, Chinese New Year, St. Patrick's Day ... and show more love to her and be happy this year. Blank Sketchbooks are perfect also for: Doodle Diaries 100th Days of School Teacher Gifts Graduation & End of School Year Gifts Art Classes Summer Travel Stocking Stuffers & Gift Baskets For The Other Names Click the Author Name Above:)

The Innocents Abroad Mark Twain 1901
Serenity Rose Aaron Alexovich 2014-07-01 SERENITY ROSE is 4'10", painfully shy, and totally into girls (shhh). She can also conjure MONSTERS out of ectoplasm, HOVER 20,000 feet in the air, and SHAPESHIFT anything she sees. Serenity Rose is a WITCH, one of only fifty-seven the world over, a real supernatural oddity. And sadly for her, she lives in the glare of a tiny tourist trap that THRIVES on supernatural oddities...
Finding Serenity Jane Espenson 2005-03-11 In this eclectic anthology of essays, former cast member Jewel Staite, "Kaylee," philosopher Lyle Zynda, sex therapist Joy Davidson, and noted science fiction and fantasy authors Mercedes Lackey, David Gerrold, and Lawrence Watt-Evans contribute to a

clever and insightful analysis of the short-lived cult hit "Firefly."

Serenity F. S. Yousaf 2022-01-11 Soft spoken yet powerful, Serenity perfectly captures the constant battle of fear and courage that lives within us. The seeds of Serenity were planted in F.S. Yousaf's last collection of poetry, Sincerely. Struck by inspiration and overwhelmed by the response of dedicated fans, Yousaf wanted to continue this journey in a new collection. While tales of longing, uncertainty, and loss flow through each poem, Yousaf artfully captures the eternal question of how to face pain with courage and quiet resilience. Featuring 140 poems and accompanying illustrations, Serenity is the perfect escape from daily life, helping readers refocus energy and kindness toward themselves and their cherished relationships.

Serenity Adult Colouring Book Fox 2016-10-25 Join the crew of the Serenity on an adventure through the 'verse where you can relive your favorite moments from the Firefly series - and more! This stunning adult coloring book is filled with 45 detailed and completely original black-and-white illustrations for you to colour however you desire.

The Brothers Karamazov Fyodor Dostoevsky 2015-01-01 Four brothers reunite in their hometown in Russia. The murder of their father forces the brothers to question their beliefs about each other, religion, and morality.

No Logo Naomi Klein 2000-01-15 "What corporations fear most are consumers who ask questions. Naomi Klein offers us the arguments with which to take on the superbrands." Billy Bragg from the bookjacket.

Graveneye Sloane Leong 2021-11-30 TKO Studios presents "GRAVENEYE" by acclaimed author Sloane Leong (A Map to the Sun, Prism Stalker) and renowned artist Anna Bowles in her debut graphic novel deliver a dark and beautiful tale of hunger and obsession. Isla's house has seen its share of blood, horror, and the depths of the human soul. Cursed with sentience, it is destined to observe the horrors that lurk inside each and every one of us. Acclaimed author Sloane Leong (A MAP TO THE SUN, PRISM STALKER) and artist Anna Bowles in her debut graphic novel, deliver a dark and beautiful tale that asks the question: What if a haunted house was not the horror -- but the people who dwell within it...

Don Quixote de la Mancha Miguel de Cervantes Saavedra 1855

Four Thousand Weeks Oliver Burkeman 2021-08-10 AN INSTANT NEW YORK TIMES BESTSELLER "Provocative and appealing . . . well worth your extremely limited time." —Barbara Spindel, The Wall Street Journal The average human lifespan is absurdly, insultingly brief. Assuming you live to be eighty, you have just over four thousand weeks. Nobody needs telling there isn't enough time. We're obsessed with our lengthening to-do lists, our overfilled inboxes, work-life balance, and the ceaseless battle against distraction; and we're deluged with advice on becoming more productive and efficient, and "life hacks" to optimize our days. But such techniques often end up making things worse. The sense of anxious hurry grows more intense, and still the most meaningful parts of life seem to lie just beyond the horizon. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the challenge of how best to use our four thousand weeks. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern fixation on "getting everything done," Four Thousand Weeks introduces readers to tools for constructing a meaningful life by embracing finitude, showing how many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as individuals and as a society—and that we could do things differently.

Berlitz Cruising and Cruise Ships 2020 (Travel Guide eBook) Berlitz

2019-09-01 If you want a holiday that's hassle-free, virtually pre-paid, and that lets you see lots of places while only needing to pack and unpack once, then you should try a cruise. This best-selling book is the cruise industry bible: it gives you all the information you need to choose the right cruise for you. Meticulously updated every year by cruise expert Douglas Ward, it is divided into two main parts: the first helps you work out what you're looking for in a cruise holiday and how to find it; the lively text and colour photographs describe every aspect of life on board, including safety, the highs and lows of

the cruise experience and how to save money. The second part contains unbiased reviews and fascinating detail of almost 300 ocean-going cruise vessels, and grades them on service, food, entertainment and facilities, using an internationally recognised ratings system.

Firefly Legacy Edition Book One Joss Whedon 2018-11-28 From Joss Whedon (the visionary creator of Buffy the Vampire Slayer), buried histories and secret identities are revealed, along with all the heist-takin', authority-dodgin', death-defyin' space-cowboyin' you've been missing from your life, as this ragtag crew of mercenaries, outlaws, and fugitives travel the stars in search of their next adventure in these sequels to the hit Firefly television series and Serenity film. Collects Serenity: Those Left Behind #1-3, Serenity: Better Days #1-3, and Serenity: The Shepherd's Tale OGN.

Peace, Be Still Ink & Willow 2021-08-31 Reclaim peace and tranquility in a chaotic world with Peace, Be Still, a coloring book featuring calming designs and quotes from writers, hymns, and Scripture—curated by the creators of the bestselling Whatever Is Lovely and Choose Joy. In a culture marked by anxiety and uncertainty, quiet moments of rest can often feel out of reach. But sometimes the truest sense of peace can only be found in the midst of the storm. With its beautifully calming illustrations and quotes meant to soothe even the most anxious souls, Peace, Be Still offers an essential resource to those longing for stability even when the world feels out of control. Each page features an inspiring quote and corresponding design from one of seven talented artists. Peace, Be Still includes: • Large format 9.75" x 9.75" (25x25cm) pages • 45 single-sided coloring pages • High-quality, bright white paper stock--heavy enough to use pencils, pens, or markers—and perforated for easy removal • Quotes from the Bible, hymns, and a variety of inspirational writers, such as Martin Luther King, Jr., Helen Keller, C. S. Lewis, Mr. Rogers, Arielle Estoria, Mother Teresa, and more • A link to the "Peace, Be Still" playlist to help set the mood for worship, rest, creative expression, and a spirit of true peace • Illustrations by Jennifer Tucker, Ann-Margret Hovsepien, and Laura Marshall—all artists previously featured in Whatever Is Lovely and Everything Beautiful Peace, Be Still will take you on a journey toward recovering and reclaiming true peace for your soul. Whether you are traveling this path by yourself or in a group, pick up your favorite art supplies and color your way to a new understanding of what it means to be truly and joyfully at peace.

Firefly Hardcover Ruled Journal Insight Editions 2018-04-03 Enter the epic fantasy world of the cult show Firefly with this beautifully crafted journal featuring the iconic Serenity ship and its colorful crew. Join Captain Malcolm "Mal" Reynolds, Zoe, Wash, Kaylee, and the whole crew of the Serenity and record your own adventures in the 'Verse with this shiny notebook. This high-quality journal features 192 ruled pages, a ribbon placeholder, and a pocket in the back for storing mementos. Including iconic images of the beloved characters, this is a must-have for any discerning Browncoat.

Avatar: The Last Airbender Coloring Book Nickelodeon 2016-10-25 Relive your favorite scenes from Avatar: The Last Airbender with this beautifully detailed coloring book! Filled with 45 black-and-white images by artist Jed Henry, and produced in collaboration with creators Michael Dante DiMartino and Bryan Konietzko, this book is sure to be a hit with any Avatar fan! Brand new all original art! From the creators Michael Dante DiMartino and Bryan Konietzko! Reunite with your favorite characters and be the artist! Official coloring book of the Avatar: The Last Airbender Series!

Sacred Serenity Audrey Carlan 2016-08-30 Editorial Reviews "A sensual spiritual journey of two people meant for each other, heart and soul. Well-crafted and beautifully written." —Carly Phillips, New York Times Bestselling Author "Sacred Serenity is a white-hot fusion of soul and body. Audrey Carlan has taken the sensual and spiritual and rolled it into a delicious treat...trust me, you'll be daydreaming about Dash and Amber long after the last page!" —Sierra Simone, USA Today bestselling author of Priest "Audrey Carlan has created such a sexy, unique yoga world. Readers will want to buy an unlimited pass to the Lotus House books!" —Sarina Bowen, USA Today bestselling author of Rookie Move "Audrey Carlan had meat yoga mat. She has a beautiful way of connecting her words with the human soul, giving you a refreshing perspective on love. You can't help but be captivated."

–Meghan Quinn, Bestselling Author "Ms. Carlan looks at all this and more, mixing the story in with gorgeous scenes of passion, angst, need—and yes, her trademark mix of humor and heart!—making this one of the best books of her career." –Angel Payne, USA Today Bestselling Author "Deeply thoughtful, purposeful and profound, this book resonates in such a sincere and soulful way. The beauty of tension between the two characters is nuanced and executed immaculately." –Christian Grey Fan Page Blog "The tantric yoga lessons were super hot! That's my kind of story." –A Book Lovers Emporium Book Blog "Sacred Serenity definitely is a gorgeous love story filled with passion, angst, and wicked wild sex." –AC Book Blog Synopsis Twenty-two-year-old Amber St. James's focus is on her education. Her plan is clear—finish the elite San Francisco/Berkeley Medical School program early and become a pediatrician. She hasn't given much thought to dating or to men in general, until she enrolls in the required human sexuality course...a subject foreign to her for religious and personal reasons. Tantric yoga practitioner Dash Alexander is Lotus House Yoga's most sought after sensual teacher. Women flock to him for his unique teaching style, calm nature, and wicked hot body. When he hears of Amber's plight, he offers to help. The condition? Amber must assist in his couples' Tantra yoga class as his partner. The sizzling attraction between the two of them is beyond anything Dash has ever experienced...spiritually or otherwise. Through his teachings, Dash makes love to Amber's mind and merges with her soul. Physically there's only one problem, a secret that's sacred. Amber St. James is a virgin...by choice.

Serenity Handbook Marc Sumerak 2018-06 If you've ever wondered what it's like to soar through space like a leaf on the wind in a Firefly spaceship, this is the manual for you. The Firefly-class transport ship was originally created by the Allied Spacecraft Corporation, but since the Browncoats' Independence War, it has become a favourite among smugglers on the Rim worlds. The aircraft's many nooks, crannies, and hidden compartments give it an incredible cargo capacity, and its speed and small size make it the perfect getaway vehicle. The many secrets of Serenity are revealed in this fascinating crew-created owner's manual, which features in-depth technical specifications and insightful commentary from the entire crew. Designed as an in-world crew-made manual for the ship, this book will allow fans of Firefly and Serenity to explore the iconic Firefly-class Series 3 ship in a whole new way.

Paper Towns John Green 2013 Quentin Jacobson has spent a lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to discover that Margo has disappeared.

Ship of Gold in the Deep Blue Sea Gary Kinder 2009-10-20 "Titanic meets Tom Clancy technology" in this national-bestselling account of the SS Central America's wreckage and discovery (People). September 1875. With nearly six hundred passengers returning from the California Gold Rush, the side-wheel steamer SS Central America encountered a violent storm and sank two hundred miles off the Carolina coast. More than four hundred lives and twenty-one tons of gold were lost. It was a tragedy lost in legend for more than a century—until a brilliant young engineer named Tommy Thompson set out to find the wreck. Driven by scientific curiosity and resentful of the term "treasure hunt," Thompson searched the deep-ocean floor using historical accounts, cutting-edge sonar technology, and an underwater robot of his own design. Navigating greedy investors, impatient crewmembers, and a competing salvage team, Thompson finally located the wreck in 1989 and sailed into Norfolk with her recovered treasure: gold coins, bars, nuggets, and dust, plus steamer trunks filled with period clothes, newspapers, books, and journals. A great American adventure story, Ship of Gold in the Deep Blue Sea is also a fascinating account of the science, technology, and engineering that opened Earth's final frontier, providing "white-knuckle reading, as exciting as anything . . . in The Perfect Storm" (Los Angeles Times Book Review). "A complex, bittersweet history of two centuries of American entrepreneurship, linked by the mad quest for gold." —Entertainment Weekly "A ripping true tale of danger and discovery at sea." —The Washington Post "What a yarn! . . . If you sign on for the cruise, go in

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knowing that you're going to miss meals and a lot of sleep." —Newsweek
A Simpler Life Life of School the 2022-02-08 This book explores ideas around minimalism, simplicity and how to live comfortably with less. The modern world can be a complicated, frenzied, and noisy place, filled with too many options, products, ideas and opinions. That explains why what many of us long for is simplicity: a life that can be more pared down, peaceful, and focused on the essentials. But finding simplicity is not always easy; it isn't just a case of emptying out our closets or trimming back commitments in our diaries. True simplicity requires that we understand the roots of our distractions - and develop a canny respect for the stubborn reasons why things can grow complex and overwhelming. This book is a guide to the simpler lives we crave and deserve. It considers how we might achieve simplicity across a range of areas. Along the way, we learn about Zen Buddhism, modernist architecture, monasteries, psychoanalysis, and why we probably don't need more than three good friends or a few treasured belongings. It isn't enough that our lives should look simple; they need to be simple from the inside. This book takes a psychological approach, guiding us towards less contorted hearts and minds. We have for too long been drowning in excess and clutter from a confusion about our aspirations; A Simpler Life helps us tune out the static and focus on what properly matters to us.

The Routledge Handbook of Memory Activism Yifat Gutman 2023-01-31 This Handbook is the first systematic effort to map the fast-growing phenomenon of memory activism and to delineate a new field of research that lies at the intersection of memory and social movement studies. From Charlottesville to Cape Town, from Santiago to Sydney, we have recently witnessed protesters demanding that symbols of racist or colonial pasts be dismantled and that we talk about histories that have long been silenced. But such events are only the most visible instances of grassroots efforts to influence the meaning of the past in the present. Made up of more than 80 chapters that encapsulate the rich diversity of scholarship and practice of memory activism by assembling different disciplinary traditions, methodological approaches, and empirical evidence from across the globe, this Handbook establishes important questions and their theoretical implications arising from the social, political, and economic reality of memory activism. Memory activism is multi-faceted, takes place in a variety of settings, and has diverse outcomes – but it is always crucial to understanding the constitution and transformation of our societies, past and present. This volume will serve as a guide and establish new analytic frameworks for scholars, students, policymakers, journalists, and activists alike.

The Serenity Prayer Trevor Hudson 2012-04-01 "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Countless people around the world have prayed this prayer, and it has helped them find peace in the midst of their harried lives. Did you know that the above words are just the beginning of a longer prayer? In this book, beloved pastor and teacher Trevor Hudson explores the entire Serenity Prayer, giving insights into each phrase and making the prayer accessible to everyday people. He looks at the prayer from a Christian perspective, sharing his own experiences with addiction but broadening the book to address the struggles that come to all of us, regardless of whether we are in recovery. Hudson addresses addictions that differ from the stereotypical, such as eating compulsively, overworking, or filling one's life with religious activity. He challenges you to make this prayer part of your daily devotions and to pray it with others. Each brief chapter contains a single-paragraph summary called "In a Nutshell." Hudson then poses a thought-provoking question or suggestion for reflection and ends with a scripture passage related to the chapter topic. Learn how this simple prayer can transform your life, bringing peace into even the messiest situations.

Firefly - What Makes Us Mighty M.K. England 2022-07-19 A breakneck adventure for the Serenity crew in the seventh original novel tying into the much-missed Firefly series from creator Joss Whedon. A simple job Serenity is bound for the planet Kerry with a hold full of sealed, unidentified cargo for the planet's highest-ranking nobleman. The duke is a surprisingly genial man whose court brings all the fanciness and fun of Persephone's high society but little of the pretension—and, most importantly, he's got the promise of more work. Some fine hospitality Obligated to stick around while Inara is with a

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client—and hoping to score future employment—the crew settles in. The liquor flows freely at court, and there's food, entertainment, and comfortable lodgings to enjoy. Everyone is thrilled but Zoë. Her gut says something is off. A vicious massacre When the duke's estate is attacked in the middle of the night, Mal sends Serenity to safety while he and Zoë investigate. What they find turns the whole story of Kerry upside-down. Revolution is brewing, and each of them will have to decide where to make their stand, even if it lands them on opposite sides...

Masterminds Gordon Korman 2015-02-03 The first book in the action-packed trilogy from New York Times bestselling author Gordon Korman is perfect for fans of *Stranger Things* and James Patterson. Eli Frieden has never left Serenity, New Mexico...why would he ever want to? Then one day, he bikes to the edge of the city limits and something so crazy and unexpected happens, it changes everything. Eli convinces his friends to help him investigate further, and soon it becomes clear that nothing is as it seems in Serenity. The clues mount to reveal a shocking discovery, connecting their ideal crime-free community to some of the greatest criminal masterminds ever known. The kids realize they can trust no one—least of all their own parents.

Last and First Men Olaf Stapledon 1937

Fahrenheit 451 Ray Bradbury 2003-09-23 Set in the future when "firemen" burn books forbidden by the totalitarian "brave new world" regime.

Losing Control, Finding Serenity Daniel Miller 2017 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*, Daniel A. 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.Sharing his journey of transformation, Miller reveals what happened when he finally decided to "surrender": his blinders fell away, new opportunities emerged, and he experienced unprecedented, profound inner peace.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.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.Become a less domineering parent, build a family democracy, and reduce the struggles with children.Find and keep the right person by accepting who he or she is rather than trying to change their romantic partner.Free your creative flow and process.Delegate to and trust coworkers to reap increases in productivity, efficiency, and job satisfaction--and reduce conflict and dissension.Learn to be patient and calmly accept "what is," even when adversity strikes, to enjoy a more fulfilling and serene life.In a chaotic, unpredictable world that's frequently beyond anyone's control, *Losing Control, Finding Serenity* offers welcome encouragement and validation for going with the flow of life as it is: an ongoing, every changing mystery.Find out how losing control really means gaining control.Critical Acclaim For the Book:"Daniel A. Miller has done an amazing job in delving deeply into the crevices of how most of us would need to be in control, one way or another--in varying degrees--not always realizing how it rules and affects our lives and even more so--the lives and happiness of others. Daniel has clearly lived it, seen the damage, and has learned from it and has designed a formula to teach people how to change these controls by finding, understanding and releasing issues one step at a time. He has created a way of guiding and educating the reader, in a very understandable and logical way, to help everyone "Let Go". A must read for everyone!"--IN LIGHT TIMES