



How to STOP Being Controlling & Recover From Control Issues- 2 Books in 1 (Controlling People, Stop Being a Perfectionist, Overcoming Perfectionism, Controlling Relationships)

Carla Loving, Barbara Gain

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Stop Being Controlling & Learn How To Rebuild Your Confidence & Self-Esteem

People who try to control others may be expressing underlying issues, such as; past neglect or abuse, or a psychological problem such as Narcissistic personality disorder, or an indication of jealousy, low confidence, and self-esteem. With this book set, you will be able to overcome your control issues, and rebuild your self esteem and confidence.

Here is a list of some common reasons for the need to control others:

- Past Emotional or Physical Abuse
- Obsessive Compulsive Disorder
- Insecurity and Low Self-Esteem
- Selfishness and Selfish People
- Narcissistic Personality Disorder
- Codependency
- Depression
- Trust Issues and Jealousy
- Perfectionists and Perfectionism
- Demands of Being a Manager, Ceo or President of a Large Company
- Anger Management Issues
- Being an Overprotective Parent

Control can often be a good thing, especially when it protects your beliefs and sense of self. Oftentimes, though, taking control of your life in a manner wherein you're hurting yourself and affecting other people can make you feel exhausted.

The First Book- How to Stop Being Controlling- Will Teach You How To:

- Stop micromanaging
- See the Good in Other People
- Learn To Trust Again
- Be a Good Listener

- Stop Being a Perfectionist
- Accept Others Flaws
- Deal With Trust Issues and Jealousy
- Seek Help From Family, Support Groups, or a Therapist
- Fix Your Relationship
- Manage Your Stress
- Rebuild Your Relationships
- Deal With Stress and Anxiety

The second book

-How to Rebuild Your Self-Esteem and Confidence-

is for those who are healing from control issues, you may be dealing with the need to control others and it may be due to your confidence level.

Here is a list of what self-esteem and confidence really do for us:

- Helps us stay motivated in all aspects of life
- Helps us have and pursue goals
- Helps us achieve independence
- Allows us to have healthy relationships with others
- Protects us from stress
- Enables us to be ambitious
- Generally increases levels of happiness

This book can help you overcome your control issues and help you gain more confidence today!!!

Tags: how to stop being controlling, stop being a perfectionist, relieve stress, rebuild confidence self-esteem, selfish, dealing with control freaks, repair your relationships, trust issues, marriage problems, selfishness, control, anger, micromanagement, jealousy, emotional and physical abuse, micromanaging other people, over protective parent, dealing with a controlling person, overcoming perfectionism

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From reader reviews:

Karen Shiner:

This book untitled How to STOP Being Controlling & Recover From Control Issues- 2 Books in 1 (Controlling People, Stop Being a Perfectionist, Overcoming Perfectionism, Controlling Relationships) to be one of several books that will best seller in this year, this is because when you read this publication you can get a lot of benefit upon it. You will easily to buy that book in the book store or you can order it through online. The publisher with this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smartphone. So there is no reason for your requirements to past this guide from your list.

Ernest Bryan:

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Clarissa Holland:

Is it an individual who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This How to STOP Being Controlling & Recover From Control Issues- 2 Books in 1 (Controlling People, Stop Being a Perfectionist, Overcoming Perfectionism, Controlling Relationships) can be the respond to, oh how comes? The new book you know. You are and so out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these books have than the others?

Jennifer David:

What is your hobby? Have you heard that question when you got learners? We believe that that issue was given by teacher to their students. Many kinds of hobby, All people has different hobby. And you know that little person like reading or as reading become their hobby. You must know that reading is very important and also book as to be the point. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You discover good news or update with regards to something by book. Numerous books that can you choose to adopt be your object. One of them are these claims How to STOP Being Controlling & Recover From Control Issues- 2 Books in 1 (Controlling People, Stop Being a Perfectionist, Overcoming

Perfectionism, Controlling Relationships).

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