

THE DANCE OF CONTROL

Taking Charge and Letting Go



The book explores the two positive ways we gain, regain and maintain a positive sense of control in a world that often seems out of control

****An active assertive change mode of control***

****A yielding accepting mode of control***

How and when to use each, alone or in combination, is all part of the dance of wisdom, love, compassion, kindness, courage and balance. To dance well, you must be light on your feet, have mastered appropriate moves but also be spontaneous, know how to dance with yourself and with partners, and above all listen to the music that guides you. This book will help you learn the dance of control....

- with our bodies,
- our minds,
- our emotions,
- our relationships
- at work, in our communities



- and as part of the cosmos