



# **The Power of Losing Control: Finding Strength, Meaning, and Happiness in an Out-of-Control World**

*Joe Caruso*

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A popular motivational speaker, syndicated columnist, and cancer survivor shares priceless life lessons in this moving and inspiring guide to letting go in order to find greater power, peace, faith, and meaning in our everyday lives.

When he was eighteen, Joe Caruso was diagnosed with incurable testicular cancer. Certain that he was living on borrowed time, he accepted the inevitable and began looking inward. His quest to understand the meaning of life led to the discovery of timeless truths about our spiritual and emotional existences. In *The Power of Losing Control*, he shares the knowledge and insights he has gained that have helped him not only to overcome the daily battles with his devastating illness but to survive.

Twenty-three years later, Caruso is an internationally acclaimed speaker with his own radio show and newspaper column, an author, and business consultant whose client list boasts such corporate giants as American Express, Ford Motor Company, United Airlines, and Century 21. Famous for his motivational seminars that have literally transformed people's lives, Caruso now takes readers step-by-step through these amazing self-help techniques and strategies that show us how to stop wasting valuable time and energy, learn how to trust in something greater than ourselves, and embrace simple basic truths that include:

- o The five stages of wisdom
- o The four rules of engagement
- o Choosing faith over fear
- o How to find power in any situation, even if you don't have control over it
- o Be undeniable: How to create your own destiny
- o Personal driving myths: We are the stories we tell ourselves

Filled with anecdotes and poignant real-life stories, here is the book that tells you how to reclaim personal power and gain worldly success- from the man today's top psychotherapists and leading behavioral experts call one of the premier corporate teachers of our generation.

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