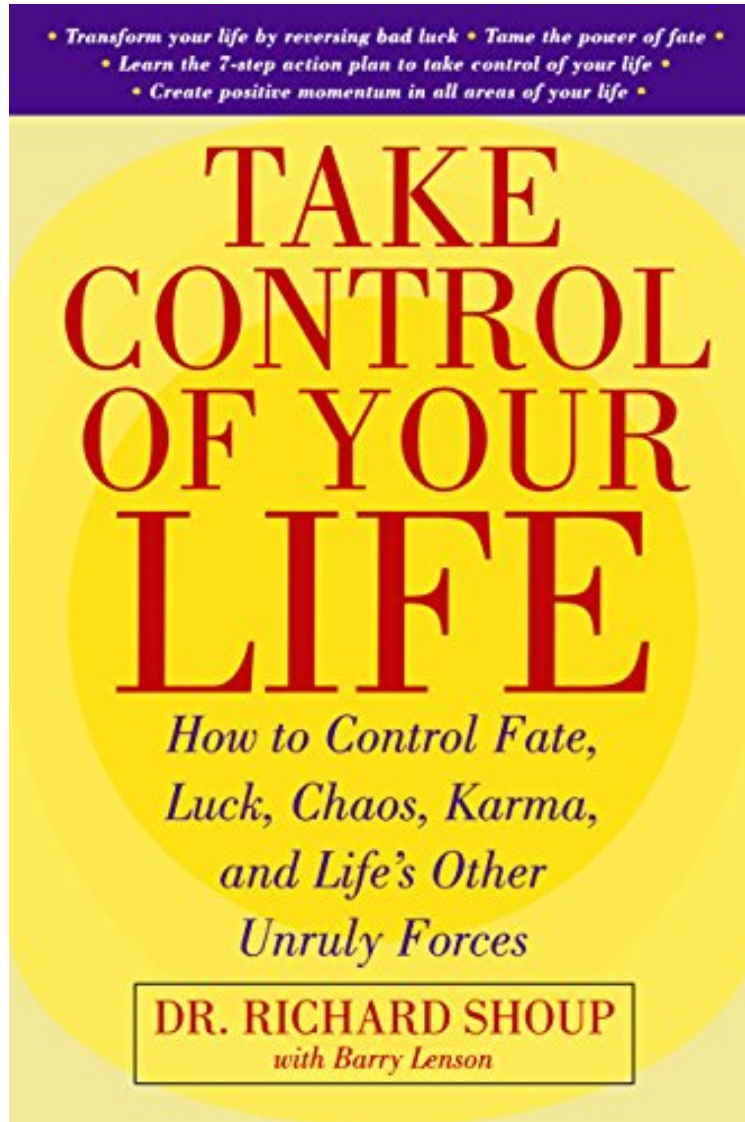


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Take Control Of Your Life: How to Control Fate, Luck, Chaos, Karma, and Life's Other Unruly Forces (How to Control Fate, Luck, Chaos, Karma and Life's Other Unr)

Richard Shoup, Barry Lenson

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5 of 6 people found the following review helpful. First Step to Controlling Your Life: Read this BookBy Raymond ToddRichard Shoup's book examines the "unruly forces" that often control us, and leads us gently yet forcefully back into the driver's seat, gives us back the control so that we may live more fulfilling lives. From getting a handle on chaos to mastering luck to entering the "flow" state to making decisions to giving and receiving good karma to utilizing the will to living in a state of grace,Dr. Shoup writes eloquently about what we need to do to "take control". I have mentioned the book's main chapter subjects from memory: that is how basic and memorable the graduated steps of the "control" process, as delineated by Dr. Shoup,were for me to grasp. Seldom have I read a self improvement workbook that is as clear, concise, practical, and inspiring as this one. Plenty of anecdotes and analogies to help one understand the book's chapters and overall concept. Controlling life can be a creative and joyful process. There are excercises at the end of each chapter to put Dr. Shoup's ideas to work. The chapters on Flow, Decisions, and living in a state of Grace were especially influential in changing the way I go about my day to day life as a writer and actor.4 of 4 people found the following review helpful. A Good Read!By Rolf DobelliFor most of this book, Dr. Richard Shoup explains the mysterious forces that cause people to believe that they don't control their own lives. He defines chaos, luck, and karma, and gives readers strategies they can use to exert control over these life forces. These descriptions are interesting, but the most useful section is the seven-step action plan for taking control of your life at the back of the book. This simple guide is useful for anyone making a significant life change, from losing weight to taking up a new career. Shoup cites many examples and clearly believes anyone can change. He is upbeat but realistic about the challenges that change presents. The book offers a process, not a "quick fix," but if you or someone close to you is on the cusp of a serious change or needs encouragement to take control, we [...] recommend this book to you.0 of 0 people found the following review helpful. This book really motivated me to take that next big step!By Kenneth RugeDr. Shoup's book looks at luck, karma, chaos, fate and grace in ways that really make sense. Instead of thinking of myself as a passive player in life, Shoup inspired me to take risks, try new approaches and put myself in luck's path. The book gave me a fresh, new way of looking at the life's trials and roadblocks. The message here is take advantage of life's opportunities and take responsibility for your role in life's drama. I also enjoyed the author's sense of humor, wise choice of quotations and demanding (yet fun) exercises. Anyone who feels "stuck" in their life, whether it be in their career, marriage, or health, could benefit from getting this book.

How to get out from under fate's unpredictable grasp and make your life positive, productive, and happy. "Everyone else has it together; why is life such a struggle for me?" For anyone who has ever felt powerless, here is a proven way to break free from those feelings of cosmic misfortune and achieve unlimited potential. The authors offer a unique approach to taking command of the negative forces that seem beyond our control--fate, bad luck, and karma--and creating a life that brims with positive momentum and growth. Take Control of Your Life presents a transformation process that enables readers to make a friend of chaos increase good luck, get into "the flow", and use decisions to direct their lives toward their goals. Further, it will enable them to put karma on their side and reap its rewards, wield their will and leave a mark on the world, and achieve a state of ease and grace.