

The following are just a few passages from the book. They are not in sequence, but rather, points of interest. . .

Chapter 1

- In almost every area of your life, there is a need to do things, get things done, and get moving. We will be talking about this “**control** thought process” issue relative to all of your primary relationships, or most of the primary relationships you have in your life. We will talk about the boss, as one primary relationship. We will talk about your spousal or significant other relationship. We will also talk about your relationship with yourself, and how that works.
- The final question I have to ask you in this chapter is: Which state do you prefer, being ‘in control’ of a situation, or ‘being controlled’ by the situation?
- As you read through this book, you will find out how important it is for you to either know that you are in control of a situation, or that it is impossible for you to control the situation, and that you accept that fact.

Chapter 3

- The title of this book is “It’s All About Control, or the Lack Thereof,” and controlling what goes on in your head is probably the most important aspect of this for all of us. As we go forward, it will play into every other part of your life.

Chapter 4

- All of us have been programmed since birth. Now, whether we want to call it programming, or conditioning, or something else, the truth of the matter is that it is programming. I know you have heard the expression “G.I.G.O.”, which means “garbage in, garbage out.” I will tell you right now that every day, without being aware of it, you are accepting garbage as input.
- These are my recommendations. Some of them are strong recommendations. None of them are things that I will tell you that you **MUST** absolutely do. However, if you take these recommendations, it will make a radical difference in your life. If you can even accept two or three of them, and take action accordingly, and take control of your programming, it will have a tremendous impact in your life.

Chapter 5

- When you are at work, when are you the MOST frustrated? Probably when you are trying to do something and, for whatever reason, you cannot control the project. You can not control it because you do not have enough time, or because your boss is calling a bunch of meetings, or you are having trouble getting the information together. So you are frustrated because you are not in control of the situation.
- One of the points of the story is, gatekeepers have a lot more control and a lot more power in a company than most people give them credit for. The second point is, most people do not pay enough attention to the gatekeepers.

Gatekeepers Can Make You or Break You!

Company Subculture

- Any of you who have ever worked in a company or a corporation know that there is the culture that the company claims is the corporate culture, and then there is the actual culture of the company. Those who actually run the company are not necessarily the people in the highest positions of power.

Complaining feeds on itself and grows bigger than reality!

Resignation is your final control.

- Staying, there may be a short-term feeling of goodness. But ultimately, the circumstances, more than likely, will not change.
- My rule always was – and always will be – if you resign, you must leave.

Chapter 6

- While the title of this chapter is “In Control of Your Relationships,” what I am really trying to get you to understand is **how to be in control of yourself in relationships**.
 - There are four categories of relationship; all of the Category 1 and 2 people are energy drains for you. They take energy from you -- sort of like a form of vampirism – particularly the Category 2 people. The Category 1 people are really not too much of a problem because they do not have the time anyway. But the Category 2 people are almost like vampires. They take your energy. You want to eliminate relationships with the Category 2 people completely.

I cannot emphasize enough how important it is to keep positive, loving, and reinforcing people as the majority of people in your life.

Work Relationships

- Many people in business do not really understand how to further their careers and how to make things better for themselves by maintaining good business relationships. While you have a lot less control of the people that you come into contact with at work, you still have ultimate control of how much time you spend with those people.

Abusive Relationships

- *Abusive relationships are 'all about control'! The abuser in the relationship is trying to control the other person, and the person being abused is allowing themselves to be controlled.*

- Randy McDonald, PhD, CHT

Chapter 7

Becoming more Optimistic:

- What are actions you can take?
 1. Positive backward Time Travel
 2. Positive Forward Time Travel (visualizations!)
 3. Improve the day, today! (Incantations/Clean Sweep etc.)
 4. Meditation, Self Hypnosis, Yoga, Tai-chi
 5. Do good deeds
 6. Get in a "Flow state"
 7. Join a social organization or club
 8. Realize that you are in control
 9. Get a Coach to help you move forward
- Randy The Rap Artist – you'll love this story!

Chapter 8

- Goals
- Manifesting a Lexus
- Design Your Life
- Incantations
- **Time to take control!**