



**Discussion Points with LaMont Prospect,
Author of CONTROL**

1. What was the impetus that inspired you to write CONTROL?

One day, I woke up and began thinking about my life. I realized that even though I have a good education and a good job, I did not feel entirely happy. I began to examine people and things around me. I started to think about the affect certain people and things can have over your life. This is what inspired me to write this book.

2. How does "control" manifest itself into our everyday lives?

The excessive need for control is all around us. It can affect us in jobs, relationships, and even in school. If one is not able to recognize how a person or thing is affecting them, a person may end up living someone else's version of their life and never self-actualize or live the life one was intended to live. This book examines the way an excessive need for control can affect husbands and wives, boyfriends and girlfriends, parents and children, teachers and students as well as bosses and employees.

3. How did you find people who were willing to relate personal narrative and be open with you about their control issues?

All of the stories were written through observation and personal experience. In order to protect any of the relatives or friends of people I knew, the names were changed in the book. Other than that, the stories are all true and nothing was embellished.

4. What insight can you give to those who suffer from control issues (both victims and aggressors)?

The book was written to help both victims and aggressors recognize unhealthy forms of control. Often times, a person may not even know that they are being controlled or acting in a controlling manner because many forms of control are very subtle. Once a person is able to recognize these unhealthy forms of control, it is up to them to find the best way to avoid such situations or work towards a better life no matter how bleak a circumstance may be.

5. Who is your intended audience for CONTROL? Who would benefit most from reading your book?

Since control (or the attempt at it) is something that almost everyone has to deal with, this book is for everyone. It should be noted that this book does not offer any easy answers. Many situations that involve control are quite complicated, and some situations vary depending upon the person you are dealing with, such as a mother, a father, a boss, or friend.

6. How do people become "control freaks"?

I prefer to say "people with an excessive need for control" rather than using a label like "control freak." Often times, a person's attempt to control someone may be in direct relation to how chaotic things are within that person. The more chaotic things may be for an individual, the more he or she may have a desire to control other people and things. Depending upon the situation, a person may voluntarily decide to try to control another person, or in some instances, be asked to do it. The desire to control someone or allow yourself to be controlled may be conscious or unconscious.

CONTROL

by LaMont Prospect

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