

Alpha Chick Book

Two books in one to encourage and guide you to uncovering your own true magnificence.

Like many women, Mal Duane endured some pretty rough times. An ugly duckling child, she found herself surrounded by viciously mean “friends” whose cruel criticisms destroyed virtually every vestige of Mal’s self esteem. Life at home became increasingly tense eventually pushing Mal to a complete disconnect from her parents. Later, despite having evolved into a striking beauty and successful model, genuine relationships eluded her and heartache and self-loathing were frequent companions. But in her late teens Mal had found a coping solution: Alcohol.

By her mid 40’s her life seemed all but over. She was spiraling downward, hopelessly out of control. Then, a final heartbreak pushed her over the edge and she found herself looking death right in the eye. From the fires of that particular hell, Mal, Alpha Chick, emerged. She chose to shed her past and start living.

Alpha Chick is more than just Mal’s road to happiness, success, and fulfillment. It is a model for any woman who dreams of those things.

The first part of the book is Mal’s painfully honest story. Its purpose is to illustrate just how far off track Mal had been and to inspire you to be able to pick yourself up as Mal did, no matter how far off course your life has gone.

Inspiration, however, is rarely enough to carry you through. And that’s the importance of the second part of the book. It presents Mal’s practical plan for transforming pain to power and sets you firmly on the road to becoming an Alpha Chick. It grew out of her own recovery process and revealed itself during one of her daily meditations. Her epiphany was that the plan had five steps. And it did not surprise her that the foundation letter of each step spelled out a single significant word:

- Focus
- Acceptance and Attitude
- Identification and Intention
- Thoughts
- Healing and Helping

The brilliance of this program is not that it shows you how to become a *Mal Duane* Alpha Chick. Its genius is that it clearly guides you to becoming your own unique brand of Alpha Chick. It sets you on your own road to being the ideal you; the sizzling, empowered woman you are meant to be.

Alpha Chick shows you how to recapture self-love, faith, and hope. It provides all you need to create a new vision and to achieve your new, exceptional life filled with passion, purpose and power.

www.alphachick.com