

Mal Duane

Certified Life and Recovery Coach and Author of Alpha Chick

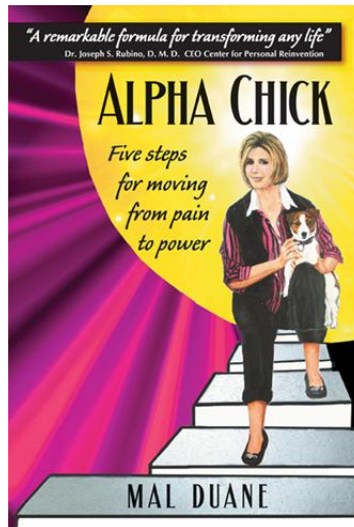


Mal Duane CRC is an Alpha Chick extraordinaire. She built a multi-million dollar real estate company from scratch, has a dream marriage, and, as a certified Professional Life and Recovery Coach, is deeply involved with helping women discover and use their connection with the divine power within, to become their own version of an Alpha Chick. Her life experience, including recovering from a struggle with alcoholism as a young woman, has provided her with extensive

hands-on, in-the-trenches experience for taking hold of a life and bringing forward the potential that lies buried beneath the scars and hurts. In 2007, she built the Katherine Holly School in Mali, West Africa, which educates 100 children annually. She is also the Founder of “Holly’s Gift”, an educational assistance fund for women.

Alpha Chick: Five Steps for Moving from Pain to Power is more than just a roadmap to happiness, success, and fulfillment. It is a model for any woman who dreams of having those things. It clearly guides you step-by-step in the process of becoming your own unique brand of *Alpha Chick* and sets you on your own path to being the sizzling, empowered woman you are meant to be. Follow Mal’s poignant journey from heartache and addiction, to self-worth and freedom, and learn her simple 5-step formula for transformation:

Focus
Acceptance and Attitude
Identification and Intention
Thoughts
Healing and Helping



**A portion of all sales will go to Holly’s Gift,
an educational fund for women.**

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~ INTERVIEW STORY ANGLES~

FIVE STEPS FOR MOVING FROM PAIN TO POWER

From the book, *Alpha Chick*, Mal shares her easy formula for personal transformation.

CONTROLLING OUR CHOICES

How to create new patterns of thinking, to help us awaken our ability to choose in life

REMOVING PERSONAL OBSTACLES TO GROWTH

Identifying negative behaviors and beliefs that hold us back in life

ALL WOMEN ARE RECOVERING FROM SOMETHING

Whether from a failed relationship, a lost job, old emotional wounds or substance dependency, what every woman should know about addiction & recovery.

UNCOVERING THE PERFECTION WITHIN

Mal’s “FAITH” formula is an affirmative mental approach to establishing a new reality—that we are already perfect.

Fact Sheet for the Book

Title: *Alpha Chick: Five steps from moving from pain to power*

Author: Mal Duane

Categories: self-help, self-esteem in women, recovery, achievement/motivation in women, women's psychology

Paperback: 304 pages

Publisher: Alpha Chick Press (December 2011)

ISBN13: 978-09834129-0-8

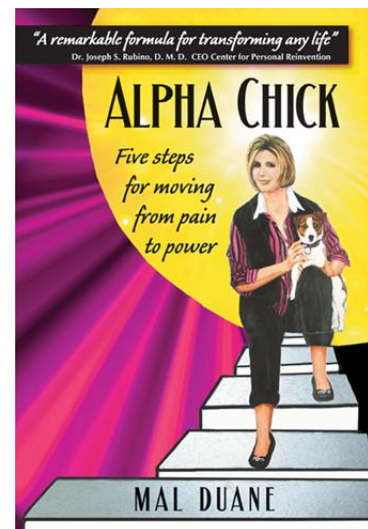
Price: \$16.95 USD

Language: English

Product Dimensions: 9 x 6 inches

This book is also available in electronic formats on:

- Amazon Kindle
- Smashwords
- iBooks
- Many other distributors



Author and Book Website:

<http://alphachick.com>

Promotional Videos:

<http://www.youtube.com/alphachicktube>

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Suggested Interview Questions for Mal Duane

Mal's background and personal story

1. How did you become active in helping women?
2. How did you feel that you could help/inspire women?
3. How long have you been coaching women in business?
4. What happened in your life that inspired you to coach women?
5. If there was one thing you could change about your life, what would it be?

The Book and the Author

6. What is an Alpha Chick?
7. Why did you decide to write this book?
8. Who should buy this book and why would they be most interested?
9. What was the hardest part of writing the book?
10. What do you want the reader to take away from the book?

Addiction, Self-Esteem and Relationship Issues

11. When does addiction start to show up in women's lives?
12. How does lack self-esteem affect dependency?
13. What are the first steps a woman can take to see if her life is unmanageable?
14. How can women start making changes in their lives?
15. What is the age range for women with the greatest risk?
16. What is the difference between managing dependency or abstinence of drugs or alcohol?

Mal's work

17. Tell us about the organization Holly's Gift and your school in West Africa?
18. Why do you feel it is so important for women to be educated?
19. What programs will be available to women from the Alpha Chick community?
20. What will be your next project?

What People Are Saying

"Mrs. Ford sends you her best wishes. She enjoyed reading the excerpts that you sent and knows that, just by writing the book, you have not only helped yourself but will surely help many others."

~ JAN HART, PERSONAL ASSISTANT TO BETTY FORD

"From realizing the value of living intentionally to making the law of attraction work in your life, Mal spells out in clear and compelling step by step fashion a remarkable formula for transforming any life that may be characterized by struggle, suffering, and the tragic consequences of low self-esteem to one of self-respect and positive expectation... I invite you to not just read but devour this book, take on the lessons and principles Mal shares and look for how each one can specifically enhance your life to be taken to the next level."

~ DR. JOE RUBINO, CENTER FOR PERSONAL REINVENTION

"Alpha Chick is Mal Duane's inspirational memoir for women who want the rewarding, fulfilling and happy life they've always dreamed about but didn't know how to achieve. Listen to your intuition, follow Mal's well-defined, doable steps, and you'll be led into the light of happiness and success!"

~ LYNN A. ROBINSON — AUTHOR OF *LISTEN: TRUSTING YOUR INNER VOICE IN TIMES OF CRISIS*

"At the time I needed it the most, Alpha Chick appeared in my life. Every word Mal wrote gave me encouragement, peace of mind, increased faith and a deepened belief that I can make it through anything... and experience more blessings and miracles than ever before. Thank you, Mal, for sharing your story and offering such inspiration for women!"

~ CHRISTINE KLOSER, AWARD WINNING AUTHOR OF *THE FREEDOM FORMULA: HOW TO PUT SOUL INTO YOUR BUSINESS AND MONEY IN YOUR BANK*

"The tried and true principles in Mal Duane's Alpha Chick can help women from all walks of life achieve success, happiness and an overall positive mental transformation. Whether a woman has experienced a broken heart, has an addictive personality, or just needs to find a way to cultivate positive change in her life, the 5 steps in the Alpha Chick Process will put her on the road to meeting all of life's challenges with a full heart and a confident attitude."

~ MELYSHA J. ACHARYA AUTHOR OF *THE BREAKUP WORKBOOK: A COMMON SENSE GUIDE TO GETTING OVER YOUR EX*

"Mal Duane's book.... gives us an insightful, practical and loving guide to shift our life story from one of pain and suffering to one of power and possibility. All women are recovering from something, whether it is a failed marriage, the loss of a loved one, an unexpected illness, a career change or an addiction. Alpha Chick shows us how to accept and transform our painful life experiences and losses, into divine opportunities for personal growth and healing. This book is for any women in the midst of a life transition that longs for a renewed sense of hope, strength and a brighter perspective on her current situation."

~ MICHELE WAHLDER, MS, LPC, FOUNDER, LIFE POSSIBILITIES AND AUTHOR OF *ALPHATUDES: THE ALPHABET OF GRATITUDE*