

# *Life Recovery* GUIDE

3 Keys to Self-Love and Self-Care



by *Mal Duane*  
Life Recovery & Sobriety Coach for Women

# ***The Life Recovery Guide***

## ***3 Keys to reclaiming your life!***

By Mal Duane

For additional information

[www.MalDuaneCoach.com](http://www.MalDuaneCoach.com)

## Legal Information

### Copyright

Copyright © 2013 Mal Duane. All rights reserved.

No part of this e-report may be reproduced or transmitted in any form or by any means, electronic or mechanical including photography, recording or any information storage and retrieval system without written permission from the author and publisher.

[www.MalDuaneCoach.com](http://www.MalDuaneCoach.com)

When you buy an e-book or e-report from [www.MalDuaneCoach.com](http://www.MalDuaneCoach.com), you purchase the right to possess one (1) electronic version of the e-book or e-report. You may also have one backup copy of the e-book or e-report on a hard disk or other storage device.

If you become aware of unauthorized copies of any of our books or reports in either electronic or hardcopy form, please let us know the details by sending a letter to our physical address or an email to [malduane@gmail.com](mailto:malduane@gmail.com)

### Disclaimer

The author and publisher of this e-report and the accompanying materials have used their best efforts in preparing this e-report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this e-report. The information contained in this e-report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this e-report, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall not be responsible for any errors or omissions, and shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

## Other Works by Mal Duane

Paperback at [Amazon](#)

*Alpha Chick, Five Steps for Moving from Pain to Power*

e-Reports at  
[www.MalDuaneCoach.com](http://www.MalDuaneCoach.com)

*Discovering Your Alpha*

*Understanding the Law of Attraction*

*Action Guide Workbook*

## Table of Contents

Introduction from Mal Duane .....	6
The Life Recovery Formula .....	8
Self Worth.....	9
Self Care.....	12
Inner Happiness .....	15
Introduction to the Five Steps of FAITH.....	17
Step 1. Focus .....	17
Step 2. Acceptance & Attitude.....	19
Step 3. Identification & Intention .....	22
Step 4. Thoughts .....	24
Step 5. Healing & Helping.....	27
Now What? .....	29
Taking Action.....	30
How to Contact Mal .....	31
Coming Attractions.....	32
Mal's Library of Love.....	33
Books .....	33
Audio.....	35
Raving Fans Say .....	36
Resources.....	37
Save Your Notes Here .....	38

## **Ladies: It's Time to Remove the Veils of Pain, Shame and Self-Doubt that are Smothering Your Inner Light!**

You've spent long enough hidden behind the layers of energetic veils that separate you from the truth of who you are. You've been viewing life from behind the safety of these energetic veils but the reality is the more layers you have created, the less of your inner light can shine through.

It's time for you to fully release the deep pain, shame and regret of past actions, traumas and self-judgment that leave you feeling disconnected from the truth of who you are! Holding on to the energetic layers of guilt, shame and self-condemnation keeps you from stepping through the veil to the truth about who you are—**a radiant, divine woman of strength, love and wisdom that deserves to live a life of joy, love and inner peace.**

### **Step Through the Veil!**

#### **It's time to experience life on the other side of the veil.**

Many women have shared that they had received numerous inner nudges and glimpses of what their life could be like on the other side but they felt frozen in fear or stuck in what *was* because they couldn't see the 'how's'. **The Life Recovery Formula** will help you to STEP through to the other side.



It's time to listen to your truth/inner essence instead of the self-sabotaging fears and negative scripts that have been running (and sabotaging) the vision you hold for your life.

To honor my soul's purpose, today I work with heart-centered women like you, supporting them in stepping through the layers of energetic veils of pain, shame and self-condemnation so they too can live their truth.

I've walked the walk and intimately understand the feelings, fears and shame that are holding you back from living authentically. You see, 25 years ago I was suffering from alcoholism, depression, sadness over lost relationships and a desire to end my life. I had gotten some things I wanted, such as becoming a model, but I never felt comfortable in my own skin. I felt lonely even in a crowd and was attracting the wrong people and situations into my life. I was truly baffled by this and thought I must be unlucky or horrible in some way and I began to internalize this belief. Drinking was my temporary escape from these bad circumstances until it wasn't working anymore.

Desperate I cried out for help one night; a voice answered that I would be okay, that I would be given the tools to recover and that I would have to share them with others. I am offering what I learned and what I went through to stop drinking, so that you can begin to recover from the circumstances and painful emotions you are dealing with right now. This ebook will walk you through an overview of the process. I sincerely hope it helps you and that, as you are reading these words, a spark of hope has hit your heart and that you will believe in yourself just enough to give it a chance.

My recovery process involves three key components: Self-worth, self-care and inner happiness. They are not new or radical fix-it-right-now solutions, but if you learn how to grasp these tools, I promise you, you can and will live a life of your dreams. I am, and many other women I know who have walked through horrible life experiences are, on the other side now. We are cheering you on! You are not alone, and whatever you have done, whatever you are facing now, no matter how shameful or seemingly irreversible, we have probably lived through something similar. We are not defeated and are thriving and helping others, which can be your story too.

I look forward to supporting you on your journey of healing and self-discovery.

*Mal Duane*

## **Self Worth + Self Care + Inner Happiness = The Life Recovery Formula**

**The Life Recovery Formula** is about letting go of the past and regaining your passion and purpose for life. It's for any woman who is unhappy, suffering, or in pain. When we are conscious of cultivating self worth, self-care and inner happiness in our daily lives, we can begin the process of recovery.

**The Life Recovery Formula** is for you if you feel any of these apply:

- You feel **smothered by the debris of emotional wounds** that have occurred from childhood trauma, broken relationships, addiction or divorce.
- **Underneath the 'happy' mask** you wear each day, the truth is you feel a sense of sadness, self-doubt and non-fulfillment that leaves you feeling like a fraud.
- You **struggle with the false belief** that you do not deserve to be happy due to past behaviors and mistakes.
- You give, give, **and give until you are an empty vessel** leaving you feeling depleted, overwhelmed and resentful.
- Your life is a **pattern of self-sabotaging behaviors** appearing as relationship problems, money issues, addiction or other self-sabotaging challenges.
- Your **self-worth is tied into the validation of others**, putting you on a never-ending self-worth rollercoaster.
- You **consistently feel scattered, overwhelmed and energetically disconnected** from the present moment (either ruminating in the past or worrying about the future).
- You are unable to **clearly define what you want** (goals, desires, intentions), leaving you unable to move forward in creating change in your life.

In **The Life Recovery Formula Guide**, you'll discover how to daily cultivate self-worth, self-care and inner happiness. You'll set intentions, learn how to forgive yourself and transform your current attitude. This formula for life will help you:

- Shatter limiting beliefs in yourself
- Rediscover and connect with your true passion in life
- Open your heart and allow self-love, self-compassion and peace to transform your heart, as well as your life
- Reconnect with and learn to trust your inner wisdom
- Accept the truth that you are not the mistakes of your past, but a woman who is meant to live a life full of passion, purpose and joy
- Learn the proven five-step process that incorporates spirituality, self-discovery and living with intention



You've spent long enough hidden behind the layers of energetic veils that separate you from the truth of who you are. Are you ready to experience life on the other side of the veil? Then let's get started.

**Self Worth + Self Care + Inner Happiness = the Life Recovery Formula**

**Acceptance + Positive Attitude = Self Worth**

Throughout our lives, as women, we have found ourselves at times paralyzed by our fears: fear of failure, fear of success, rejection, loss, loneliness, pain, loss of safety, security, and affection, estrangement, separation—the list goes on. We find ourselves willing to endure our pain because we are afraid; our instinct is to protect ourselves from the risks of change.

But we can come to realize that we are not powerless, worthless individuals at the mercy of the judgment of others. Our happiness is not dependent upon the actions or perceptions of anyone else. We must accept responsibility for the unhealthy conditions that surround us and restore our personal power. You'll begin here, by identifying issues, learning to accept yourself for who you are and forgiving yourself for your mistakes.

Begin with setting daily intentions to consciously recognize your self worth. Do this as part of your journaling or spiritual practice, as discussed in the **5 Steps of FAITH** at the end of this guide.

How can you accept yourself more fully today?

---

---

---

---

---

How is your attitude today? And how can you change it to reflect a more positive one?

---

---

---

---

---

What do you need to do to forgive yourself for today?

---

---

---

---

---

Write down 3 things you like about yourself:

---

---

---

---

---

### **Denial + Silence = Continued Suffering**

By not recognizing our pain and talking about it, we cannot heal. Silence is our worst enemy for personal recovery. Whether it is with a therapist, a pastor or a trusted friend, share your guilt with someone who will not judge you. Shame only survives in secrecy. Own your story so it doesn't own you.

### **Beliefs = Reality**

When I was drinking I was never good enough—I always felt inferior. Growing up I was so tall that kids called me Mal-nutrition (ha, ha NOT). You may have been similarly bullied at home by family or at school. This treatment led me to believe that I was unworthy of nurturing, praise and gentle care. Therefore, I never learned to do these things for myself.

If you were bullied as a child, please know it has no relevance to the spirit and person you were created to be. You can learn to separate yourself from people that hurt you and to cultivate friends and supporters who get you and support you. You can ask God to remove the people that are not for your highest good and replace them with the people He wants to place in your life so that you can serve others and lead a happy and fulfilled life.

Additionally, we can direct our energies and recognize our personal gains. Nothing and no one can take them away from us. We can gain strength from our experiences. And

as we learn to believe in ourselves, we learn through our pain, we accept or reject our burdens, and grow beyond our fears. We can be unafraid in a world where there is much work to do, truth to seek and love to give and enjoy. Be conscious of the fact that others' opinions or perceptions are not your reality.

What beliefs do you have today that came from someone else?

---

---

---

---

---

Write down any label that has hurt you and that you know is untrue.

---

---

---

---

---

Can you identify something you were told as a child that you know today to be untrue?

---

---

---

---

---

At this point, I want to share one of the main ways I have healed: Asking for help and relying on a higher power. Say this prayer with me then find a 5-minute meditation on YouTube and listen for what comes through:

*God/Goddess/Universe, please help me with all of these situations that seem overwhelming. Give me guidance to help me resolve them. Put people and helpers in my path that can help me overcome. Protect me, and my emotions, as I assess these situations and learn to love myself.*

**Self Worth + Self Care + Inner Happiness = The Life Recovery Formula**

**"Self-care is not selfish. You cannot serve from an empty vessel." – Eleanor Brown**

**Right Actions + Right Attitude = Self Care**

Love is an inside job. You can't replace it with a substance or a person. No one can love you better than you. You know yourself and your deepest desires. You know the truth about you. You know the good and the bad. The relationship you have with yourself will be the most important one in your life. Make it a loving, respectful and nurturing one.

Being in nature, reading and enjoying a cup of tea, or getting some rest is preferable to running around trying to please others. Be okay with that. We need to be able to look at ourselves in the mirror and know that we are not dimming others by being our best; the light we shine has nothing to do with them. We are each meant to shine brightly and be of service.

What actions can you take today to improve your self-care?

---

---

---

---

---

What are some things that you can comfortably do alone?

---

---

---

---

---

**Intention + Action = Accomplishment**

Self-love starts with good self care, eating healthily and honoring your body. Think of it as a temple for the magnificent soul within you. If you think of yourself this way, it is easier to stop habits that don't serve you.

Treat yourself to something nice every week. Maybe a movie or a manicure? Or maybe take a look in your local newspaper for a free event in your community that is to your liking. If you don't treat yourself nicely, do you think anyone else will?

Set intentions as part of your journaling or spiritual practice to take care of you.

What action steps can you take today to take care of yourself in a physical capacity?

---

---

---

---

---

***"When we start from a place of loving ourselves, our next step will be the best one we could have chosen."* - Kris Carr**

### **Motivation + Discipline = Change**

Motivation is necessary in life to gain the things you desire. You need to take the initiative, be accountable and realize that you have the ability to do and to choose as you please. Whether it is a job promotion that you're after, or a better financial state for your family, none of this will happen without the motivation and discipline needed to achieve your goals.

Identify a goal or goals that you wish to accomplish:

---

---

---

What can you do on a daily basis to achieve your goals?

---

---

---

---

---

## Authenticity + Service = Empowerment

The practice of self-care over a period of time creates a stronger, self-loving, confident woman that becomes a better contributor in everything she does. You will notice over time that your relationships, employment and physical demeanor all become measurably improved. You will feel confident and centered in all that you do. When you begin to feel this way, it's time to share with others what you have mastered. By giving to others, you become stronger. The more you help others, the more authentic and compassionate you will become in your own life.

For example, I am able to give to other women through an education fund I established in memory of my niece, Holly; I provided the finances to build a school for girls in Africa; and I counsel women in a rehab center. I share this with you not to brag about what a wonderful person I am, but to communicate that it is my proudest achievement and greatest joy in life. Serving others is truly the way of happiness. I know—without a doubt—that as you put yourself first, get healthy and begin to enjoy your life you will be called to help others.

***"A girl's true beauty is the reflection of her inner happiness."* – Unknown**

When you are truly happy, you start to radiate this happiness and you will attract like-minded people. As Jim Rohn says, *"Success is not to be pursued. It is to be attracted by the person we become."*

What feelings would you feel if you were happy inside? For example, I would choose peace, delight and joy. Write them down.

---

---

---

---

---

Who could you help to become a more self-loving and confident woman?

---

---

---

---

---

## **Self Worth + Self Care + Inner Happiness = The Life Recovery Formula**

Inner happiness means being balanced and not living in judgment. When happiness is not based on anything outside of you, you have reached an enlightened consciousness. You no longer strive for perfection; instead, you live authentically, filled with gratitude for all that you have at this moment. Some key components for inner happiness are:

### **Forgiveness = Freedom**

Why is it we struggle with forgiving others as well as ourselves? Forgiveness is to free you from the bondage of your suffering. Forgiveness is not about forgetting or dismissing, it's releasing you from being the victim of a circumstance.

Who can you forgive today to free yourself?

---

---

---

---

---

### **Journaling + Honesty = Awareness**

One of the most powerful things you can do to support personal growth and transformation is to start a practice of daily journaling. You may not tell yourself the truth but when you write in a journal the truth will flow from your heart and soul. Writing can be a process of emptying your most troubling thoughts from your mind to paper. With practice, you will develop extraordinary clarity about your life. So, invest in a pretty journal for yourself. Make it your private notebook for your most intimate thoughts.

### **Meditation = Well Being**

The greatest thing you can do for yourself is to start a practice of meditation. Combine this with journaling and you will start to discover the magnificent woman you really are. Under the debris of life and emotional scars is a soul just waiting to emerge! When you shut down the nasty little voice of the constant egotistical chatter in your head, your divine higher guidance will shine through. Your biggest challenges will become the stepping-stones to your greatest accomplishments. A powerful light will illuminate your path and show you the way.

## **Vision + Imagination = Well-Being**

Creative imagination is simply fueling that vision of yours with powerful, real images. What you focus on is what you create in life. Want a new house? Start cutting out all the pictures in magazines of the houses you like. But don't stop there. Make sure you grab kitchens and bathrooms, draperies and anything else you want to add. The more images you have, the clearer the vision that is imprinted on your brain. How much fun is that?

You can even build an online vision board on Pinterest. Create as many boards as you like: your dream house; inspirational quotes on faith; your dream guy; places you'd like to travel. Then visit your boards every day, add new pins and reflect and pray for what you desire.

Celebrate your victories! When something on your vision board comes true, check it off, cross it out, and say thank you to the universe. Maybe a health problem cleared up or you found an online course to get you closer to your dreams. Whatever appears, show your gratitude.

The three keys of the formula are simple but powerful. If you commit to working with them, you will see significant changes taking place in your life.

If you would like to discover how to work the process at a deeper level for more inner personal growth, please request a free, 15-minute session.

<http://www.malduanecoach.com/meet-mal>

In this guide, I have also included for you the **5 Steps of FAITH**, my original process from my book, ***Alpha Chick***, which helps you move from pain to power.



## Principles of FAITH:

The foundation of **The Life Recovery Formula** is supported by the **5 Steps of FAITH**, a process I created for moving from pain to power.

Step one: **F**ocus

Step two: **A**cceptance & Attitude

Step three: **I**dentification & Intention

Step four: **T**houghts

Step five: **H**elping & Healing

Faith is the ground beneath your feet. Faith is the opposite of the fear that has been controlling your life for so long. Faith begins with starting a spiritual practice; you will experience an inner peace and connection to a limitless power within you.

*A spiritual practice is something you create personally that is specific to you. There is no right or wrong way to do this. It's a personal experience that you make your own.*

Combining these Principles of Faith with **The Life Recovery Formula** will help you to live life to its fullest, release you from past scars and hurts, and enable you to begin to live with intention.

### Step 1. Focus

*I focus my consciousness daily on "the Divine Presence within" through a Spiritual practice.*

**Engage in a form of prayer or meditation daily.**

1. Sit quietly, and take several deep, cleansing breaths. On the *inhale* breath you bring in positive energy and on the *exhale* breath you release stress, anger or hurtful feelings.
2. Close your eyes and create in your mind your sanctuary where you feel safe and completely at peace. It may be a garden or a beautiful little room. Personalize it with surroundings that comfort you. See yourself happily present in this sanctuary. You may also want to create a small altar with cherished items that you have acquired.

3. Start with a simple word mantra. It can be any word that you choose that inspires a sense of spiritual essence for you. Keep repeating the word for five minutes. You are trying to clear your unconscious mind. If thoughts race into your mind, just return to your safe place and your mantra. Many use "Om", a universal word for God.

4. Every day add a few more minutes to your spiritual practice.

5. Record notes.

What could I add to my safe sanctuary?

---

---

---

---

---

What thoughts keep running through my mind?

---

---

---

---

---

Did I receive any inspired actions?

---

---

---

---

---



2. Breathe deeply and state:

I accept \_\_\_\_\_

I accept \_\_\_\_\_

I accept \_\_\_\_\_

I love myself completely for accepting that \_\_\_\_\_ happened, and I now choose to leave it in the past.

I embrace who I am today and forgive all my mistakes.

3. **Identify** your most nagging, negative attitudes.

---

---

---

---

---

---

---

---

---

---

4. What **actions** can you take to change any negative attitudes?

---

---

---

---

---

---

---

---

---

---

5. What are you feeling as you **release the pain** from the past, the old patterns, and recognize who you truly are?

---

---

---

---

---

---

---

---

---

---

6. List twelve things you have been **grateful** for in the past six months.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Step 3. Identification & Intention

*I identify negative behaviors that block my potential, and set intentions for positive actions.*

1. Get your **Attraction Quadrant** sheet (on the next page)
2. Identify three things you want to change in each Quadrant
3. Identify three new intentions for each Quadrant
4. Daily set one new intention in each Quadrant

We set intentions because they are more powerful than setting goals. Intentions have your soul behind them compared to goals, which are not as potent.

1. How did you feel after completing the assignment for the Quadrant sheet?

---

---

---

---

---

---

---

---

2. What painful realizations did you come to that you were not aware of before?

---

---

---

---

---

---

---

---

## Attraction Quadrant

### *Mental/Emotional*

Problem	Intention	Action Steps

### *Spiritual*

Problem	Intention	Action Steps

### *Physical*

Problem	Intention	Action Steps

### Financial/Career

Problem	Intention	Action Steps

#### **Step 4. Thoughts**

*I shift my thoughts to the present when I revert to past, negative thoughts and feelings*

1. Pick three new activities that will help you change your thinking patterns.

A.

---

---

---

---

---

---

---

---

B.

---

---

---

---

---

---

---

---

C.

---

---

---

---

---

---

---

---



2. What specific things that you think about make you feel good?

---

---

---

---

---

---

---

---

3. What thoughts do you recognize as your most frequent, self-defeating thoughts?

---

---

---

---

---

---

---

---

4. Are these thoughts linked to your past rather than to your present situation?

---

---

---

---

---

---

---

---

5. What can you do to resolve these things/thoughts in your mind?

---

---

---

---

---

---

---

---

6. Do you need to forgive yourself or someone else to feel better and to change your thinking?

---

---

---

---

---

---

---

---

7. Write three new affirmations for yourself.

---

---

---

---

---

---

---

---

8. Start your "Vision" folder by adding all the things you would like to create in your life.

---

---

---

---

---

---

---

---

### **Step 5. Healing & Helping**

*I heal by reaching out and sharing my journey with others, especially those in need.*

If you have been working the Steps faithfully, you should start to feel that you are getting back your personal power. You are accepting and releasing your past mistakes and the people that caused you pain. You now know that your true identity, the divine essence that you were born with, has nothing to do with any person, place or thing from the past. You now experience a new belief system. You have the ability to create the life you desire. Now is the time to share this knowledge and to help other women begin to tap into their power.

To continue to heal, you must reach out and help others with their journey.

1. What is the one activity or service to others that you can add to your list?

---

---

---

---

---

---

2. How do you think this will make you feel?

---

---

---

---

---

---

---

---

3. Identify one person you know personally that you could do something for that would make a difference in their life.

---

---

---

---

---

---

---

---

4. List one activity that you feel empowers you.

---

---

---

---

---

---

---

## Now What?

I want to commend you for working through **The Life Recovery Formula**. If you have not yet read *Alpha Chick: Five Steps for Moving from Pain to Power*, you may want to read the entire book for a more detailed account of the **Five Steps of FAITH** process.

The book can be purchased at [Amazon.com](https://www.amazon.com), or you can go to [MalDuaneCoach.com](https://www.MalDuaneCoach.com) for more information about the book, our newsletter, or our coaching services.

No matter what you decide, remember that *you are meant to live a joyful and prosperous life*. My mission is to help you to connect with that wonderful inner voice that can help you to achieve all that you desire.

You can fall victim to your circumstances or you can look within and find the faith to overcome them.

The choice is yours!

## Taking action

While this information is fresh in your mind and while you're in an "I want to take action now" frame of mind (or close to it), take a second to click [MalDuaneCoach.com](http://MalDuaneCoach.com) to sign up for my newsletter. You'll discover, like this **Action Guide**, that it is full of tips and tricks and steps you can take to help you to begin to create your *mental, emotional, physical, financial and spiritual journey* so you can be your true **Awakened, Authentic, and Abundant** self.

You can also "Like" Mal Duane on Facebook:

<http://www.facebook.com/malduanecoach>. Here, you will get access to many of the educational audio programs that I participate in. I believe in providing you with as much valuable content as possible to help you create positive change in your life.

Further, if you would like to connect with me to find out how I *help women transform their lives from pain to power*, **please answer these questions** and email your answers to me at: [malduane@gmail.com](mailto:malduane@gmail.com), or fax them to: 508-848-3838

1. On a scale of 1-10, how happy are you with your life right now?
2. What are the predominant feelings you are experiencing at this time?
3. What do you want to accomplish more than anything else right now?
4. Do you feel something other than yourself is controlling your life?
5. What area of your life do you find most challenging? (Ex: mental, physical, financial)
6. Are you currently working on any goals?
7. What would you like to accomplish in a 15-minute complimentary session with me?

**After I review your answers, I will be in touch so we can discuss how I can best help you.**

## How to Contact Mal

MAL DUANE, Certified Professional Coach, is available to share her compelling story and her unique *Five Steps for Moving from Pain to Power* with you as a personal coach, or with your organization.

She is an expert in the field of personal transformation and helping women reclaim their lives.

Contact [Alpha Chick Associates](#) to discuss speaking, coaching or teleseminars.

Please visit [MalDuaneCoach.com](http://MalDuaneCoach.com) for additional information, or contact:

Life Recovery Coaching  
256 Salem End Road  
Framingham, MA 01702

### *Mal Duane*

Mal Duane CPC, CRC  
Women's Empowerment Coach  
Author, Coach and Speaker

\*\*\*\*\*

*Alpha Chick, Five Steps for Moving from Pain to Power*

Number 1 Bestseller on Amazon <http://amzn.to/GFmT42>

[www.MalDuaneCoach.com](http://www.MalDuaneCoach.com)

[www.Facebook.com/malduanecoach](http://www.Facebook.com/malduanecoach)

[www.Twitter.com/malduane](http://www.Twitter.com/malduane)

[malduane@gmail.com](mailto:malduane@gmail.com)

508-416-1800

## Coming Attractions

This *Action Guide* is part of a series of “teleseminar excerpts-to-e-reports” based on my book, *Alpha Chick, Five Steps for Moving from Pain to Power*, all of which will be available to you and the general public over the coming months.

This means you’ll want to be sure to get on my mailing list to know when and where these sessions, events and e-reports will be available.

You’ll also want to follow along with me via my newsletter; podcasts, Reclaim Your Life on iTunes; blog posts and various other empowering opportunities accessible through [MalDuaneCoach.com](http://MalDuaneCoach.com).



## Mal's Library of Love

I am so happy to share with you the current selections in my **Library of Love**. When I started my journey of recovery, I personally found great comfort in many of the books I read and audio programs to which I listened.

Because of this, I would often suggest these to other women whom I met along the way, and over time people began to ask me what I was reading or what I would recommend. Thus, over the course of many years I began to keep (and have continued to do so) a list of my top twenty-five favorites in each category. The list often changes because of the new books I read and love.

I hope it will be helpful for you, as it provides selections that I feel may enlighten and aid you in your journey of personal discovery.

### Books

- Allen, James. *As a Man Thinketh*.
- Ban Breathnach, Sarah. *Simple Abundance: A Daybook of Comfort and Joy*.
- Beck, Martha. *Finding Your Own North Star: Claiming the Life You Were Meant to Live*.
- Butterworth, Eric. *Discover the Power Within You: A Guide to the Unexplored Depths Within*.
- Canfield, Jack. *The Success Principles: How to Get from Where You Are to Where You Want to Be*.
- Chopra, Deepak. *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*.
- Cruse, Sharon. *Learning To Love Yourself*
- Dooley, Mike. *Infinite Possibilities: The Art of Living Your Dreams*.
- Dyer, Wayne. *The Shift: Taking Your Life from Ambition to Meaning*.
- Fox, Emmett. *Power Through Constructive Thinking*.
- Hay, Louise L. *You Can Heal Your Life*.
- Hicks, Esther and Jerry. *Ask and It Is Given: Learning to Manifest Your Desires*.
- Hill, Napoleon. *Think and Grow Rich*.
- Hill, Napoleon. *You Can Work Your Own Miracles*.
- Holmes, Ernest. *The Science of Mind*.
- Kushner, Harold S. *When Bad Things Happen to Good People*.
- Murphy, Joseph. *Maximize Your Potential Through the Power of Your Subconscious Mind to Create Wealth and Success*.
- Ponder, Catherine. *The Dynamic Laws of Prosperity*.
- Price, John Randolph. *The Workbook for Self-Mastery: A Course of Study on the Divine Reality*.
- Richardson, Cheryl. *Life Makeovers: 52 Practical and Inspiring Ways to Improve Your Life One Week at a Time*.

- Robinson, Lynn A. *Divine Intuition: Your Guide to Creating a Life You Love.*
- Sharma, Robin S. *The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams and Reaching Your Destiny.*
- Taylor, Sandra Anne. *Secrets of Success: The Science and Spirit of Real Prosperity.*
- Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment.*
- Wattles, Wallace D. *The Science of Getting Rich or Financial Success Through Creative Thought.*
- Yogananda, Paramhansa. *The Wisdom of Yogananda, Vol. 4, How to Be a Success.*

## Audio/CDs

- Ban Breathnach, Sarah. *Simple Abundance: Living by Your Own Lights*.
- Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*.
- Beckwith, Michael Bernard. *Life Visioning: A Four-Stage Evolutionary Journey to Live as Divine Love*.
- Bristol, Claude. *The Magic of Believing: The Science of Setting Your Goal and Then Reaching It*.
- Chopra, Deepak. *Reinventing the Body, Resurrecting the Soul: How to Create a New You*.
- Covey, Stephen R. *The 7 Habits of Highly Effective People*.
- Dyer, Wayne. *Manifest Your Destiny: The Nine Spiritual Principles for Getting Everything You Want*.
- Dyer, Wayne. *The Power of Intention*.
- Grabhorn, Lynn. *Excuse Me, Your Life Is Waiting: The Astonishing Power of Feelings*.
- Hay, Louise L. *Self-Healing: Loving Affirmations for Achieving and Maintaining Optimum Health*.
- Hicks, Esther and Jerry. *Ask and It Is Given, Part 1, The Law of Attraction*.
- Hill, Napoleon. *The Science of Personal Achievement*.
- Holmes, Ernest. *Live Again! 2: Spiritual Mind Treatment*.
- Khechog, Nawang. *Tibetan Meditation Music*.
- Orloff, Judith. *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*.
- Peale, Norman Vincent. *The Power of Positive Thinking*.
- Robbins, Anthony. *Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!*
- Rohn, Jim. *The Art of Exceptional Living*.
- Ruiz, Miguel. *The Four Agreements: A Practical Guide to Personal Freedom*.
- Shimoff, Marci. *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*.
- Thompson, Jeffrey. *Brain Wave Suite*.
- Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*.
- Tolle, Eckhart. *Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now*.
- Virtue, Doreen. *Chakra Clearing: Awakening Your Spiritual Power to Know and Heal*.
- Williamson, Marianne. *A Return to Love: Reflections on the Principles of "A Course in Miracles."*

## ➤ **Raving Fans Say**

*"Thanks for having me on the Telesummit yesterday, Mal. That was the deepest and most revealing multi-guest Telesummit I've been on to date. What a remarkable journey you've been on." Blessings, **Brenda Adelman.***

*"Your website and work stands out to me as being very inspiring and interesting. It's clear that you are making a difference to many women's lives and business owners in general. I would like to invite you to further your own movement by sharing your experience and knowledge with others from my stage." **Placida***

*"This is a grand tool to use and for women especially because we sometimes don't take the time to go into ourselves in a healthy way so as to produce healthy and godly attitudes that will help us with our busy lives, with our friends and family, also at work. Women must be eating this up like passion fruit because I know that I am. You will be in my prayers along with many women that I will be sharing this outreach to. I promote my website daily and will promote these tools you have provided, also. Not much impresses me but you and your vision do." **T.L.***

*"Things are GREAT! I've found or re-found my energy. The gratitude journal really helps! And I feel like I'm back on my stride." **Debbie C.***

*"... that I was a hopeless romantic with low self-esteem. Wow, how insightful" that line hit me physically as well as emotionally. The jolt even surprised me! There is something in this book that makes me want to read it and at the same time I think I shouldn't be able to relate because of the extreme differences in back grounds. Hard to pick up and hard to put down...not sure I'm ready for this but think I need it. I'm pushing it aside and it pulls me back...going to take my time :). **K.C.***

*"When I first met Mal, I was in such emotional pain. She spoke to me and I was immediately touched by her words, her transparency. She is so real, so compassionate. I felt there was no judgment on her part of my situation. She really helped me to start to understand my pain and to feel better. I feel like she is a gift from God." **Rachel A.***

## **Resources:**

Empowerment Coaching: [malduane@gmail.com](mailto:malduane@gmail.com)  
508-416-1800

Recovery Coaching: [malduane@gmail.com](mailto:malduane@gmail.com)  
508-416-1800

Free Coaching Group:

[http://www.facebook.com/groups/Awakend,Authentic and Abundant Women](http://www.facebook.com/groups/Awakend,Authentic%20and%20Abundant%20Women)

Alpha Chick on YouTube:

[http://www.youtube.com/user/alphachicktube?feature=results\\_main](http://www.youtube.com/user/alphachicktube?feature=results_main)

[Amazon](#)

[www.ReadersFavorite.com](http://www.ReadersFavorite.com)

**Save Your Notes Here:**