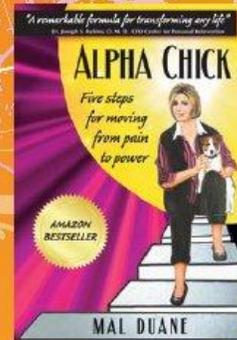




ALPHA A CHICK

UNDERSTANDING THE LAW OF ATTRACTION

Mal Duane
Recovery Coach & Author



AlphaChick.com
malduane@alphachick.com

The Alpha Chick

A Quick Guide to Understanding
the Law of Attraction

By Mal Duane

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Other Works by Mal Duane

Paperback at Amazon

Alpha Chick, Five Steps for Moving from Pain to Power

e-Reports at AlphaChick.com

Discovering Your Alpha

Understanding the Law of Attraction

Action Guide Workbook

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Note from Mal

I'm Mal Duane, bestselling Author, Recovery Coach and highly successful Real Estate Business owner. I've overcome devastating circumstances in my own life dealing with addiction, depression and loss. I've used my own painful experiences to transform my life and as a result I've become an *Awakened, Authentic and Abundant* woman, an *Alpha Chick*.



My book, *Alpha Chick: Five Steps for Moving from Pain to Power* is an Amazon bestseller. I've been featured on *Fox 25 News*, in *Healthy Living* magazine and *Aspire* magazine. In addition, I've been interviewed on over 30 Blog Talk Radio shows in which I've discussed women's recovery and psycho-spiritual transformation. I believe in supporting women through *Holly's Gift*, an educational assistant fund. Plus, I've built a school in West Africa.

All this came about because my own personal experience went on for 25 years *before* I had an awakening. But once I experienced that awakening I never looked back. And that's now been 23 years of absolute bliss. Of course, I have my moments; and like me, I'm not saying you won't have yours. But now you'll know how to deal with them. You'll also know how to handle what life throws at you.

There will always be unsettling events that come along for the simple fact that you do not have control over other people or things. In fact, situations will occur that will challenge you! So the key is to *look for the wisdom in the challenge* as it presents itself. Not the pain, not the fear, but the wisdom! Everything has a lesson connected with it; something you can learn from that will teach you a bit about yourself and where you're going. That's the key!

Here's a little trick; when some incident happens that doesn't go the way you want, perhaps you can examine it with questions like these in mind, "What's really going on here?" "What should I be looking at? What should I learn from this experience?" And, "There's something here that's going to empower me. What is it?"

You'll find that with that frame of mind you can work through anything.

Live faithfully,

Mal Duane

P. S. When you start this process toward your "awakening", please send an email to me; I want to know how you're progressing. If you get hung up on some part of the Steps, email me as well. I'm here to help you work through your "stuckness", as this is a very, very powerful part of the transformational process.

Alpha Chick Vision Mission

"The **Alpha Chick** Vision is a world where *women discover their voice* and are *free and secure to wholeheartedly embrace it*.

The **Alpha Chick Mission** is to passionately reach out to all women everywhere, to educate, to guide and to support each woman in her own personal implementation of the self-empowering **Five Steps of FAITH** of the **Alpha Chick Process**.

We are committed in our calling to invite each and every woman to create a life filled with self-love, joy and abundance - and then to join us to bring other women to this awakening.

Through **Alpha Chick's** outreach via alphachick.com and its services of personal coaching and seminars, we will spread a clear message that we are created to live lives of *joy and abundance*. Most importantly, we are given life to express our highest potential as the feminine voice, blooming exactly where we are each planted on this earth.

We are determined to reach out to all of our sisters, and *we will be heard!*"

Mal Duane

Introduction

Recently, as a special guest, of Constance Arnold, Spiritual Success Coach, [Fulfilling Your Purpose](#), and [Law of Attraction Radio Network](#), I participated with her in a radio interview on the *Law of Attraction Radio Network*.

Constance and I had met briefly prior to the interview, and decided there was a “divine connection between us”.

Thus, the focus of the discussion during the interview centered in part on my book, *Alpha Chick; Five Steps for Moving from Pain to Power*; this e-report is a result of that interview.

As you read, you will easily see that the discussion shows how the *Law of Attraction* and **F-A-I-T-H** (the 5 Steps) can play a part in, as Constance said, “*helping one to learn who she is in God and to live a powerful life!*”

And so, at Constance’s urging I now share my own journey...

The journey from there to here

My huge personal transformation began when I was 16 and used alcohol to feel good about myself because I had no self-esteem. I was six feet tall and weighed 100 pounds; I was subject to a lot of bullying and name calling.

Further, I was broken-hearted at the age of 20; I was just devastated by rejection, which planted a deep wound in my soul that stayed with me for many years.

All that together easily started me on a course of failed relationships that carried over into an awful, failed marriage. And all the while I was using alcohol as a bandage. It dug into my flesh, and the alcohol, I think, triggered depression.

For 25 years, I had this life where I was like a train wreck; one where I just wallowed in my nothingness and my misery and my suffering. It came to a point where I felt there were no longer any options. At 41, I thought perhaps my best choice might be death.

That night, as the dark soul I had become when I felt there was nothing left, I was completely open; the wounds that the pain caused were unimaginable; I thought that death mercifully would be the closure to all of it.

It was then I heard a voice I had never heard before that told me that I would survive, but that I had work to do. I had lessons to learn. And once I mastered those lessons, I would need to go and teach others.

"At 41, I thought perhaps my best choice might be death!"

It seems "I had it all"!

Except the "it all" was not especially something of which to be proud or something that would set you on a path to enlightenment:

- I had addiction
- I had depression
- I had failed relationships
- I had a failed marriage
- I had the loss of a loved one
- I had a lot of things going on that people identify with

The only area that seemed somewhat normal was my business life because I could show up at work and be whoever I wanted to be.

In my personal life, I had to be me and that person was a failure; I had no self-worth. That was the person that was *completely empty and void of any love. I had no connection to what was happening around me.*

*"Whatever has happened to you in your childhood, whatever experiences you've had, words that you've heard, images that you've seen or experienced, will begin to determine your beliefs about yourself and your choices. Sounds like the spirit of God spoke to you and said,
'Hey girl, I have a big plan for your life.'"*

Constance Arnold
Spiritual Success Coach,
[Fulfilling Your Purpose](#), and [Law of Attraction Radio Network](#)

The Voice

It truly was a divine awakening. It was a spiritual epiphany. There is no doubt in my mind because *I still hear that voice today*. I still have that guidance with me.

I did believe in God. I was raised as a Catholic, but I was not what I would call a "practicing Catholic" but I was spiritual to a degree.

And so I had to "get quiet enough" to hear this voice. That's what happened to me.

- I got to a point where there was nothing left.
- There was no more dialogue.
- There was no more screaming chatter in my mind.
- I was prepared to cross the threshold into death.
- I was just waiting!

That's when the voice came to me.

That voice has been guiding me ever since. I now am a *very spiritual individual with a daily spiritual practice*.

Most of this is the foundation for my transformation into the life of bliss, and grace, and love that I now live.

*"I still hear
that voice
today..."*

*"I was just
waiting!"*

Looking for love?

You must first love yourself before you can attract the love of a mate. You can't give something away that you don't have.

Men are very astute and can recognize women who have really good boundaries and a lot of self-respect, and a lot of self-love. They can see that in women. What happens when you don't have it is you get the type of behavior and the treatment that are despicable. Where you don't get a truthful man, you get an abusive individual; you get a man that has other women and you are just one in a string of many. You allow it, though, because you don't think you deserve anything better.

"You must love yourself before you can attract the love of a mate!"

To really attract that wonderful man in your life, you've got to have that great self-love. So that when you are meeting these people you are projecting that love. A man can pick up on that right away. When he sees you are a *confident, self-loving individual* he will be very attracted to you.

It is a magnet for men to meet women that are self-loving and know what they want; they have a purpose and are very clear about their lives and what they want to do. That is a major attraction to a man.

It's more of an attraction than cleavage.

- As women, we put forward the cleavage.
- We put forward the sexy body.
- We put forward the great make-up job.

Men are more attracted... all that superficial, physical stuff is great...

- but they love to see a woman that's really got that energy
- and self-love, and that
- *whole sizzle* going on.

That she's got a handle on her life!

Mal meets Dr. Delicious

We had a mutual friend.

It was kind of a combination of things. I had just had a really tragic loss; a family member had passed away. My niece and I were screaming terribly. I was on match.com; I got this email from him saying that he'd like to know more about me.

Lo and behold, his best friend also knew who I was from the real estate industry. I really didn't have much time for him then because I was grieving so terribly, I was so sad; I had such a hole in my heart.

I shared with him what was happening. He was extremely supportive and said, "You really need to allow that process. You really need to feel your grief and go with it. Don't resist it." I followed his advice.

We met for lunch and had a very nice lunch. But I was off to go skiing with my family for Christmas. We were not going to do a traditional Christmas; we could not do that. I was very independent...

"Nice meeting you, and thank you."

When we were walking out of the restaurant he said, "I have to tell you that you are just the most wonderful woman." He said, "You are just perfect, I just want you to know that. You are absolutely delightful and I hope we connect again." I said, "Sure. Call me after the holidays." He said, "I'll check in on you and see how you are doing."

Well, I went skiing and broke my arm!

Wearing a flannel shirt, I came back looking like a fiddler crab with the Bart Simpson hairdo because I couldn't comb my hair. He called me for dinner and I said, "Well, I don't look like the same lady you met the first time." He said not to worry about it.

We started dating and it was really interesting because here I was at my worst. I couldn't comb my hair, I couldn't put makeup on, and I couldn't get dressed except in a big shirt and pants with elastic waist.

He had to carry my handbag for me, and sometimes had to comb my hair because I couldn't do the back of my head.

What happened was I listened.

I spent three months listening to what this man had to say. I really learned to know him as a very good friend. I think women don't give men an opportunity, I think we are too quick in judging men and getting involved with them. I would say the greatest thing a woman can do is to become friends with the man first. If you don't have the friendship, you are never going to have the romance.

I had my own life, and I was completely happy being alone.

I think that this is something that women need to learn; that *they can be happy without a man in their lives*. I told my husband once and he loved it. He said, "You have to put this in the book." I said, "You know, Michael, my life is like a cake. I'm responsible for all the ingredients for what I put into my cake. I look at my life like it's a recipe. I've been pulling it all together and making this cake." I said, "My dear man, you are the frosting."

He said, "What a beautiful way to describe it. That's what we are, Mal; we are the frosting. But many women try to make us the cake and it doesn't work."

"The greatest thing a woman can do is to become friends with the man first. If you don't have the friendship, you are never going to have the romance."

What in the world is an "Alpha Chick"?

An "Alpha Chick", although it could be referred to as an "Alpha Male" as well, is an "Awakened" woman; what I mean by awakened is "now going within, turning within for the answers; that divine guidance, that higher consciousness that is available to all of you.

You are not seeking answers outside of yourself. You are going within. That is the awakened part.

The "Authentic" part is accepting yourself just the way you are, knowing you are created as a divine being. You are all part of one. You are meant to live a life of joy; you are not here to suffer!

The "Abundant" part is really appreciating what you have been given; what you have. When you totally develop that gratitude and appreciation, you are no longer in pursuit of things that have no meaning.

The media does not support the magnificence of women

It is an atrocity what the media does to us. If you can learn to love yourself and accept yourself just the way you have been created by God as the divine feminine creature that you are, then you can turn your life around; you can attract whatever you want into your life. But, you must believe in yourself first in order to do this.

I believe that what you put out into the Universe is what you are going to get back from it. If you believe in love and believe in loving yourself, you are going to attract love into your life. If you think positive things, positive things happen.

Our thoughts are like magnets; our emotions are like magnets, too.

I try to simplify the description of the *Law of Attraction* because sometimes you hear it in very complex terms. To Abraham and different individuals that speak of it, it can be mind boggling. It means that "like attracts like". That's what it really boils down to.

If you feel abundant and you feel gratitude, you attract more into your life; you bring more abundance. That abundance doesn't necessarily mean money.

Money is nice but that's really not the root of your happiness.

Abundance is a piece of mind knowing that you really have everything you need to live life with joy. Money is just another extra goodie that you get, but it's not the primary part of what makes you truly happy.

The common evil root

For all the women that I have worked with over the years, all the women I have met in the hallways of AA, and NA, and different meetings, and support groups, and with friends, I think there is a common root to the evil of the problem.

It usually boils back to

- self-esteem
- lack of self-love
- no self-worth

Women use a substance to kill the pain

- They don't use alcohol because they like the taste of it.
- They don't take a bunch of pills because they really want them.
- They want to kill the pain.
- They want to soften that pain that is unbearable.

If we can deal with and discover what the root of the pain is, we learn it is usually how we think about ourselves, or some type of trauma early in life that has caused us to feel poorly about ourselves. That can be abuse in children or just not good relationships with parents, many different things can cause a disconnect for a child, which shows up in a lack of self-love and self-worth as we start to mature.

We can identify that; that's the root of the problem. The alcohol, the pills, the shopping, the sex are the Band-Aid to the wound.

How the 5 steps Came To Be

This is a wonderful story. My husband encouraged me to write a book. He said, "You have a powerful story. You need to share it with women. You have lived a lot; you have accomplished so much. You need to share with women how to do this, Mal."

So I started to write the book.

When it came to the part about the Steps, I actually thought I had seven Steps that I had been using for the past twenty some odd years to create all the change that I created in my life.

All of a sudden, my spirit guide, God, my guardian angel, whatever you want to call it said, "Oh no, dear child. There are only Five Steps. They spell **FAITH**." I said, "Oh, okay." Then I was told the name of each Step and what it meant.

After I was given that information I realized it was everything I had been doing, but really broken down into Five Steps instead of seven. They spelled **FAITH**, which is a universal word. Everybody has faith. No matter what your religion is, no matter if it's Buddha, if it's God, if it's Allah, no matter what, it is worldwide, we have faith.

That's why it's a universal process for an old transformation.

Step 1. "F" for Focus

The First Step is "Focus", meaning that you go within. That you focus consciously, daily, on a divine presence within yourself. That is tapping into that higher consciousness, that higher power, that divine voice, whatever terminology you want to use. You do that through a daily spiritual practice.

You need to go within

By nature we always look to others; we're always looking outside of ourselves. This is just in reverse. You must go within. This applies to men as well. You go within for that divine guidance, for that wisdom that is available to you.

"When you journal and you write about yourself, you write the truth!"

I have a combination of things that you need. For instance,

- I start with some spiritual reading.
- Then I meditate for anywhere from 15 to 30 minutes, depending on my schedule in the morning;
- Then I journal.

I think journaling is one of the most powerful things that women, or men, can do. When you journal and you write about yourself, you write the truth. You put the truth on paper. You don't tell a false story when you start to journal about what's happening in your life. It's quite revealing what will come out on paper.

A spiritual practice is a personal practice

You make it your own. There is no right way or wrong way to meditate. There is no right way or wrong way to do journaling. You make it your own.

What you want to do is to feel at peace; you want to feel stillness start to come over you and also within your mind; to have everything slow down, quiet down, so that this voice, this guidance can come through.

Step 2. "A" for Acceptance & Attitude

Number two is "A", and that's for "Acceptance" & "Attitude". When you accept yourself, accept the disappointment, accept the fears, accept the sorrows, everything that has happened in the past that no longer serves you; you accept that. You are not judging that it is right or wrong, you are simply saying, "It is. It happened. I can't rewrite that script. It's in the past."

Let it go; it no longer serves you

As a woman, you carry this around with you like old luggage. That's how you create your current identity, based on your past experiences. It's craziness. That's not who you are. It has no bearing on who you are, what you did in the past. It doesn't make any difference how far you have gone down the wrong road in life; you can always choose to turn around.

I accepted that I was an alcoholic; I accepted that I had these failed relationships. I started to understand that's not defining me as a woman today. It's the past. Not right, not wrong; it happened but I freed myself from that. So that what happens is you no longer have the weight on your shoulders that you've been carrying around for so long.

You free yourself from these things

If I had not been an alcoholic, I would not have walked the path that I walked.

- I would not have written the book.
- I would not have married my husband because he's also in recovery.

We share a wonderful common bond about recovery. One of the things that he loves about me most is just how much I've done with my life and how dedicated I am to helping other women in recovery. If I had not had that experience, I would not be living the life I am living today.

Step 3. "I" for "Identification" & "Intention"

With the "I twins", you need to identify the self-sabotaging behaviors you have that are holding you back that are keeping you from your personal growth and living life with joy.

It may be addiction; maybe it's constantly pursuing relationships, maybe it's shopping, and perhaps it's not showing up for work and constantly getting fired. Whatever you are doing that is self-sabotaging, you have got to identify that behavior. Once you identify it, you know how you can start to set an intention on how to replace it.

"Once you identify that self-sabotaging behavior, you can start to set an intention on how to replace it".

You can fill the void with a new intention. Such as *positive action steps* that you can take to make changes in your life. It's very important that people make intentions; set intentions.

The reason why I don't use the word "goal" is because a goal is a written wish on paper.

An intention has soul behind it; it has the energy of the universe behind it.

When you set an intention, you are putting your whole consciousness and effort into the intention.

Perhaps you look at "Why do I allow people to mistreat me in relationships?"

- What action steps could I take to protect myself in a relationship?
- What steps could I take to have a better outcome at a relationship?"

You can then start to create the attraction through the intention.

Step 4. "T" for "Thoughts"

A lot has been written about the power of what we think. It really boils down to a very simple concept. Our mind can only hold one thought at a time so why not make it a good one.

Why not think positive things that will attract positive things into your life? If you practice enough and monitor what you are thinking, your thoughts, while it does take some discipline, you can train yourself to stop as soon as you start thinking something negative.

So shift that process into positive thoughts.

A snap from a rubber band

This is the greatest training tool ever! I wore an elastic band on my wrist and when I would catch myself thinking negative thoughts, I would pull that elastic band and snap it so that it gave me a really good stinging sensation in my wrist.

- It was like an anchor
- It was like Pavlov training his dogs with a little bell.

It was a behavioral trigger so that I immediately would start to identify when I was thinking a negative thought. To the point where I didn't have to pull the elastic band anymore. I had trained myself to be aware of my thinking.



The whole process is in very simple terms so that people can embrace the process and use it. With lots of material that is written, the books about self-help and personal transformation, the language can be quite complex. Therefore, people aren't able to apply the methods or the steps easily.

I do have to say, though, that the five steps of "Faith" are very simple language; they are extremely easy to do, yet have very powerful results.

Step 5. "H" for "Healing" & "Helping"

When we heal, we start to sense a different energy.

We are walking in our light now. We are healing emotionally; we are tapping into our higher consciousness. We are vibrating at a much higher level than we were when we were suffering. When we are standing in that power and in our light, we now have to turn and give this away.

We have to go and help others

We have to help other women, other people; to share our knowledge and to share how they too can change their lives and become empowered.

The power of the process is on this **Fifth Step**, *the Law of Circulation*.

What you give out comes back to you tenfold.

It's a very powerful step to go out and to give away your knowledge, to support others, to create change in their lives.

It comes back to you tenfold!

Final Points to Ponder...

I want you to have hope. I want you to understand that no matter what's happened in your life... I don't downplay some of the horrific things that happen to people, they are significant... but you can't let those things control your life and dominate the rest of your existence on this planet.

You have the ability to step out of your pain, to leave that suffering behind and to step into your grace, into your power, into who you are meant to be, why you were put on this earth...to discover that.

"No matter what's happened in your life...you can't let those things control your life and dominate the rest of your existence..."

We all have a purpose

God gave everybody a purpose!

When you can find out what your purpose is, there will be no stopping you.

And that's it!

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 to [AlphaChick](#) to sign up for a *complimentary copy* of my **Alpha Chick Action Guide**. This Guide is full of tips and tricks and steps you can take to help you begin to create your *mental, emotional, physical, financial and spiritual journey* to be your true **Awakened, Authentic, Abundant** self.

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 or fax your answers to me at

malduane@alphachick.com
or fax 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. Do you have any current goals you are working on?
7. What would you like to accomplish in a 15 minute free session with me?

After I review your answers, I will be in touch with you shortly thereafter to discuss how I can help you.

Coming Attractions

Using the *Law of Attraction*, this e-report is one in a series of “teleseminar excerpts-to-e-reports” based on my book, *Alpha Chick, Five Steps for Moving from Pain to Power*, which are available to you over the coming months.

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

You’ll also want to follow along with me via my newsletter, podcasts, blog posts, and other empowering opportunities accessible through [AlphaChick](#).

What's next?

I've built a school in Africa in memory of my niece, Holly. So now we have "Holly's Gift", which is an educational assistant fund for women to help them get training so they can become employed.

I feel women that are financially independent can live better lives; it also means that they have better relationships.

They are not locked into situations that may be unhealthy or abusive.

I am a strong supporter for women getting educated for employment. And so in light of this, I am working on funding that school. There'll also be another book. It's on the drawing board as to what I want to write about.

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.

I would often suggest these to women whom I met along the way, and over time people began to ask me what I was reading or what I would recommend.

So for many years I have kept a list of my *top twenty-five favorites* in each Category. The list often changes because of the new books that I read and love. I hope my list will be helpful for you, providing selections that you, too, 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*.
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Audio/CDs

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- 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...

"As someone who works with individuals recovering from the ravages of addictions, and the author of *The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery*, I know how important *Alpha Chick* is to that community. This inspiring story is a must read for anyone finding their way in recovery."

Sherry Gaba, LCSW, Life Coach, Author, and Speaker

* * * * *

"Reading *Alpha Chick* shook me awake in ways that few other motivational books have. Mal's 5-step approach seems both wise and practical; however, the true power of the book lies in her amazing personal story, which she tells with heart, courage, and humility. *Alpha Chick* has somewhat of a fairy tale ending to it, except that Mal helps us to understand that happily-ever-after has to come from within. Upon finishing the book, I found myself thinking: "So just what is your excuse, Pamela, for not stepping out and being all you know you can be"? I couldn't come up with a single one."

Pam Aronson, Certified Reiki Practitioner

* * * * *

"I loved reading this book. It is a welcome change from self-help books that seem like homework because they have so much psychological mumbo jumbo and I walk away knowing that what I read will not apply to my daily life. Mal Duane makes this book truly entertaining and I felt like I could relate to her journey. The five steps are something I can and will implement because they actually make sense to me. Thank you, Mal Duane; I am going to recommend this book to all of my friends in recovery and also those that are not!"

Erin Connolly

* * * * *

"I love this book! *Alpha Chick* is an inspiring guide to experiencing personal freedom, healing and joy. Mal, your compassion and wisdom are authentic and heart-felt. Thank you for sharing this life-transforming formula that has the power to help people discover and live their true potential!"

**Kimberly Ann Coots
Spiritual Counselor and Best-Selling Author of Divine Worth**

* * * * *

*"With great courage, conviction and eloquence, author and entrepreneur Mal Duane takes readers on an intimate journey of self-discovery and triumph. By sharing her most intensely personal experiences, she touches the heart and uplifts the soul of every woman who has ever struggled with feelings of inadequacy, self-doubt and fear. No matter what your challenges have been, you'll find renewed strength and inspiration as you follow Mal's practical steps to becoming an **Alpha Chick** and living a life of fulfillment on every level!"*

**Daria DiGiovanni, Author, Copy Director and Partner
Parasol Creations**

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.

Contact **Alpha Chick Associates** to discuss speaking, coaching or teleseminars.

Please visit AlphaChick.com for additional information, or contact:

Alpha Chick Associates
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

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www.AlphaChick.com

www.Facebook.com/alphachick

www.Twitter.com/alphachickbook

malduane@alphachick.com

508-416-1800

If you go to Amazon, you can search for "[Alpha Chick](#)" and find the book; it's in paperback as well as Kindle. It's a finalist for three huge awards. It's a finalist in self-help as an e-book as well as self-help and inspirational in paper.

I'm also on Facebook as "[Alpha Chick](#)". I have a wonderful private [Facebook](#) group which I call our *virtual chick chat room*. You can go in and pull your hair and scream and share. We kind of all support one another. It's private; the comments are only seen by the members of the virtual group.

The book is also on [Barnes and Noble](#), but [Amazon](#) seems to be where everyone goes today.

If you read the book and want more information on how to apply the steps, I have audio and an instructional class. Further, I have a whole e-book on using the five steps that I'm happy to make available.

I encourage everyone to embrace this process.

Resources

Constance Arnold

Spiritual Success Coach,
[Fulfilling Your Purpose](#)
[Law of Attraction Radio Network](#)

Rhonda M Brackett, USC Radio Productions host

Modern Day Spiritual Journey
<http://bit.ly/MU88LJ>

Daria DiGiovanni

Author, Copy Director and Partner
Parasol Creations

Sherry Gaba

Celebrity Life Coach and Psychotherapist
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