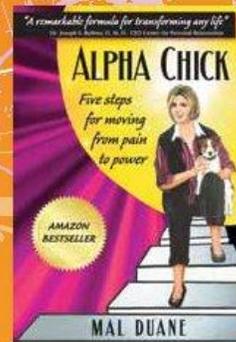




# ALPHA **A** CHICK

## SIMPLY SPIRITUAL SOLUTIONS

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*Simply Spiritual Solutions*

Adapted from

A Radio Conversation

With

Lisa Hurtt

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

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*

*Simply Spiritual Solutions*

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## 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](http://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*

## Note from Mal

Congratulations for taking the next step in your journey!

I want to thank you for buying and for reading *Alpha Chick*.

I've shared my personal and painful story with you so you would understand that I have walked in your shoes and have experienced many of the same traumatic and emotionally depleting situations that you've come up against.

I hope that I have been successful and that you are now ready to take the next steps in your journey. I now realize that the path I traveled has brought me to help you to become an *Alpha Chick* so you can create the life you desire.

I believe from my deepest inner core that if you practice the **Five Steps of Faith**, you can overcome your negative forces and painful challenges. Your transformation begins when you have the courage to honestly examine your beliefs and addictive behaviors. If you take the time to ask yourself poignant and revealing questions, your subconscious will make room for the answers. You will emerge from a self-imposed bondage of the past, flourish in the present moment and create the future of your dreams.

Alpha means "beginning" and, indeed, at the beginning of our creation we are all given this divine presence and energy. Unfortunately, most of us are unaware that it exists, or we're not taught how to access it. The **Five Steps of Faith** will reconnect you to this higher power, your divine inner knowing.

Above all, know that nothing is beyond your reach when you energetically align yourself with your new beliefs. And before long, you'll realize you have the ability within you:

- To break through your fears,
- To move past your hopelessness, and
- To have everything you desire!



I continue to use these steps daily to create the miraculous life I now have.

Live faithfully,

*Mal*

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.

## It Has to Start Somewhere

Walk into any library, book store, flea market, or click online to the numerous online reading outlets like Amazon, Kindle, Barnes and Noble, or Book Nook, to name a few, and you'll see rows and rows of "physical books" and links to e-books and guides on self-help, self-awareness, goal-setting, empowerment, and the like, for this or that physical, emotional or spiritual concern.

Such issues can range from alcoholism, to abuse (child, sexual, spousal, physical, verbal, etc.) to weight loss, diet, fitness, to motivational, self-help, stress management, low self-esteem, dealing with destructive behaviors, and tips on learning to take action, creating success, becoming a better you.

You get the picture!

## The Big Reveal

And so, over the course of the following pages you'll be introduced to a "new" way for you, the "budding" **Alpha Chick**, to begin your journey toward being the "best you" you can be in living the life of your dreams.

This new path comes to fruition through this condensed version of the series of **5 Steps of FAITH** presented in the *Alpha Chick: Five Steps for Moving from Pain to Power*.

While more commonly in reference to "Alpha", you might be inclined to think of an "Alpha" dog (the big bad dog at the park that strikes fear in the other dogs or any human passing by), now when you hear reference to "**Alpha Chick**" you'll realize the "Alpha" similarities are actually nil to none.

Instead, the *Alpha Chick* represents and speaks to the woman like you whose new mission in life is to seek to reclaim your power; as you work to discover just *how beautiful and divine you truly are*.

After all, you were born to live on this earth, to truly live;

- To have a wonderful life
- To have everything you want out of life
- You were not put here to suffer

## So what?

This journey of awakening is extremely important as it doesn't make any difference if you, or someone else, have been in a dark hole for three months, three years or 20 years. The process to empowerment is the same.

## Changes are in the air

By latching on to and reading through these **5 Steps of FAITH**, under the guidance of the *Alpha Chick* in this e-Report, you'll soon discover *you really can empower yourself* to be the best you can be.

And in doing so you'll be an *Awakened, Authentic and Abundant* woman.

The time is right; so dig in now.

Turn the page!

## Marriage and Martinis Are Not a Very Good Mix

Life kind of kicked me in the butt a little bit, and with a pretty big boot!

You know, life started off and everything looked perfect. Yes, I had a wonderful family, beautiful home, the ideal setting for any child. But the course started to turn early in life. I grew up in an era where parents had cocktails at 5:30 p.m. Then as I started to mature, I noticed that my dad was using alcohol more. I think he was battling depression and some challenges, and so he used alcohol for comfort.

*"Looking for Love in all the wrong places"*

So as I progressed into my teens and my life started to unravel, I thought, "Well, I can use alcohol, too." I was 16; I was six feet tall; I weighed 100 pounds; I was subject to bullying, my name was "malnutrition", "malfunction"; awful, just terrible things were being said to me.

I already suffered from very, very low self-esteem and this was just really putting a cap on it. It pushed me further into this dark hole that was starting to become my experience in life. I carried that seed with me, right through my twenties; broken-hearted, failed relationships, the constant pursuit of looking for love in all the wrong places.

It is such a common experience for women to constantly look to others for validation. I was on that path, and so I ended up marrying an alcoholic; it was an abusive marriage. So now I have a failed marriage on top of everything else, and I'm further down in that big black hole that's been created.

Finally I got to a point where I didn't think there was any way out. I didn't believe there were any options available to me, and death looked like my best option. As I was standing at that threshold *looking death right in the eye* is when I heard a voice I had never heard before. That voice told me I would survive, but that I had a lot of work to do; I had lessons to learn and when I mastered those lessons I would need to go and teach others what I had learned.

So for the past 23 years I have studied the process of personal transformation extensively, and now I feel that I am capable of teaching women how to move from that state of pain, of suffering, of that hidden shame and guilt to transforming from that personal suffering to the power of choice.

## Like a Pseudo-Stepford Wife

There was nobody home as far as I was concerned.

I was an empty suit!

When I was modeling, people would say, "Oh, you're so lucky. Look at you; you're traveling with this one and over at this party with these people. Oh, it's so glamorous."

It wasn't!

I was completely empty. I had no sense of self. I showed up; I was like a robot with the makeup on, the hair, wearing the fabulous clothes.

But I had no sense of self as to who I was.

## "Sweet Pea" Holly

*"Your wonderful Holly, who was like the daughter you never had at that point.*

*She was like your rock and she was your inspiration, along with your mother, as well. I just know Holly really affected me in your book. She seems like she was larger than life."*

**Lisa Hurtt**

She was, for such a small little woman. She was so petite, 4'11".

But she had the heart of a lion. She had the mental focus and the spirit of a giant. This child had such a sense of presence when you were with her. She was *captivating and engaging*. What I was so touched by was she never was defined by her illness.

You've read that she really had devastating illnesses. She never allowed those to define who she would show up and be. She always looked at helping others and serving others.

That was her passion.

Her focus was children; empowering children through education and reading and helping those that were less fortunate than she.

## New Year's Eve, 1988! Boom! Things Change

When we are at our lowest point, when we are suffering, we are so stripped away that we are raw so that we are totally consumed with pain, that's when the opportunity for the greatest wisdom and strength can appear.

And that's what happened in my life.

By hearing that other voice, that higher divine guidance that was always available to me but I wasn't willing to listen.

We all have this ability for a higher consciousness, a higher divine guidance. But most of the time we're not willing to listen. It took that moment of complete vulnerability and being so raw that I became open to hearing the message that I needed to hear.

It's very, very unusual for a woman who's been drinking for 25 years to put down alcohol, to walk away from it and to never pick up a drink again, never have the desire for a drink again.

And there's a reason for that.

I discovered that women, including me – it started with me and then I expanded my knowledge base on this – we don't use alcohol or pills or food or sex necessarily because we want to, or alcohol because we like the taste of it or the pills.

*We use it because we're in pain!*

These things take away pain. If we can discover the root of the pain we can solve the problem.

*"We all have this ability for a higher consciousness; a higher divine guidance. But most of the time we're not willing to listen."*

*"You have had so many different things -*

*You've had the divorce; you lost your sweet, "Sweet Pea"; your mom passed away. Of course your dad had passed away early.*

*You've had a lot of loss!*

*Modeling - I'm sure, it works really good until you hit a certain age and then you've got to do something else for a living, and you chose real estate."*

**Lisa Hurtt**

## Real Estate

I don't have to tell you how crazy this business is and what's happened with the economy. It's really challenging.

But when I started in real estate I was still drinking, so I wasn't really focused on being a good agent nor was I really focused on the needs of my clients.

- I showed up
- I did my work
- I went home, and
- I started drinking at 5 and
- I drank until midnight!

Then I got up the next day and showed up again.

So I was just strictly very mechanical.

But then once I got sober I was able to understand the root of my pain and the low self-esteem and the self-loathing; I was able to accept all of that.

## Here's the key

*You have to accept yourself as you are.*

And once I learned to understand and accept who I was, I really started to become a very authentic woman; that's when I started to really tap into my power.

- I built a business from scratch.
- I went out on my own.
- I built my own company, a very successful company, which has just since merged with an even bigger company.

And I did all of that from scratch!

## Reciprocity

I believe in the *Law of Reciprocity*.

I think that what you put out and give out to the Universe is what you are going to receive back.

And usually what comes back to you is ten times greater than what you give!

So I always felt it was a blessed opportunity to help somebody who was really in a difficult situation and dire straits. I would do the job for free. I'd say, "No, no. I don't want to charge you. I was happy to help you. I'm glad your life is back on track. You have my blessings."

Then, you know, something absolutely magnificent would happen to me within a short period of time.

## Your PMS - Your Positive Mental Shift

Women have always said, "Oh, PMS."

Well to me PMS is *positive mental shift*. It is not a negative thing. What I want to teach women is that they have this power. I am no different from any girl on the street. I'm just like your next-door neighbor.

But what I discovered was that I have this inner power that nobody had taught me. And now that I know how to access it and work it and use it to become the deliberate creator of my life to get everything I want, I want other women to do the same.

## Dr. Delicious

I have a wonderful husband, *Dr. Delicious*. To marry my soul mate and to marry a man that inspires me to be a better woman than I ever thought I could be is something I wish for every woman.

So I used to write every day. I would add things to the description of my “perfect man” that was going to be the frosting on my cake.

I had such a detailed picture of what that man should look like, what he should be, what he should do, what his physical characteristics were, how he was going to treat me. I kept fine tuning that picture so much that I put the most clear-cut image out into the Universe to be fulfilled, and I got it.

He showed up!

My husband showed up right after my niece, my Sweet Pea, had passed away and I couldn't socialize. I couldn't even talk. I had such a hard time dealing with the grief and the loss. He's a psychiatrist and he said, “You have to allow this process. Don't stifle it. You've got to let it come up.” He was so helpful in just giving me little bits of information that would help me process what I was going through.

Once I felt a little bit better we met for lunch because that's about all I could handle. Then I went away skiing and I broke my arm and I came back looking like a fiddler crab.

I couldn't comb my hair and I couldn't put on makeup and I could only put on a big flannel shirt with snaps, and pants that had an elastic waist. I was a sight to behold when I was going to see him again.

You know what? He could have cared less about that. That didn't mean anything to him.

Every woman should have a partner, a man, a husband that inspires them and wants them to be the best they can be. My husband's inspired me to be better than I ever thought I could be and he inspired me to write my book because he's a psychiatrist.

*“Every woman should have a partner, a man, a husband that inspires them and wants them to be the best they can be.”*

He said, "You've got a powerful, powerful story you have to share. You've got to tell this story, Mal. Women need to know this." I said, "I know. I know."

I had been processing writing it for a long time and I *finally* stepped up and did it.

## If women can just learn to tap into this power

You can use this in business. You can use this in relationships.

Whether it be relationships with your children, with your husband, with friends. Once you accept yourself as the divine being that you are and truly get clear about your intentions and what you want to do with your life, it all starts to happen.

Everything starts to fall into place.

I've said to many of my clients, "If you do something you're passionate about that you truly love doing, the money follows." Money is never an issue. But you have to love what you're doing. And there has to be a component of goodness about what you do in that you're helping others and serving others, too.

When you do that, the money follows. It's not even a concern.

You have to be responsible for somebody else's life in that sense. You want to support them but you don't want to be their life.

## Seven Steps? How'd That Happen?

This process that I write about is so simple but so powerful. When people first read it they go, "Oh, wait a minute."

It is a simple, powerful, energy-building process.

When I first started to write the book I thought I had Seven Steps. I was writing them all down and doing this, and then all of a sudden I was told one day, "No dear child, there are **Five Steps** and they will spell **FAITH**."

I asked, "Why Faith?"

I was told, "**Faith** is a word that is embraced globally."

It brings everyone comfort. There's no resistance to the word "Faith". Everyone has their own unique understanding of it. Therefore it will be remembered.

That's why the steps are called **FAITH**.

## Step 1. Focus

This means you have to take time daily to tap into a higher consciousness, the one I talked about earlier. It's a higher level of thinking that you are capable of that doesn't have that ego screaming, "Oh, you can't do it. Who do you think you are? Please, you fool." I mean this is a much higher level of thought.

That thinking, that level of thought can be accessed easily but it takes a little practice. *It's done through meditation or daily spiritual practice.* So I

- Meditate every day, and then I
- Do some journaling

because I get absolutely *magnificent messages* and information while I'm meditating. Then I do some *spiritual reading* that sets the course for the day for me.

If women could take this time in the morning just to get quiet, just to kind of clear all the rambling, which the Buddhists call *monkey mind*, all that chatter, just let it all stop, that absolutely divine intuition, that higher guidance, will come through. Everything you need to know about your life and what you should do, you already have. You already have it within you.

*"You already have all the answers:*

- *Now just get quiet*
- *Settle down, and*
- *Let that guidance come through"*

But nobody tells us that so we run around looking.

So that's the first thing I want you to understand; you already have all the answers.

- Now just get quiet
- Settle down and let that guidance come through

We're always thinking about what we did yesterday; what we said. "Okay, this is what I'm going to do tomorrow when I see that person. Then I'm going to think about that and say that to them." We keep rehashing thoughts that were either about the past or about the future. What we need to do is to get very centered and in the present.

It takes a little bit of practice, but you know what I say to women? "Look, it's like learning how to play tennis. First of all, the more you play the better you're

going to get. So the first time you go out onto the court you're probably not going to hit the ball. But if you show up every day and you practice with that racket, eventually you're going to start hitting that ball right into the corners and you'll be acing it. But it takes practice."

All the Olympic gymnasts and the others in the various games, those marvelous performances, they practice! They've been practicing and they have been practicing. And that's why they do what they do.

## God's Hand

You have to create your own life. Nobody else can do that for you. You are the director of the movie, of the script. If you're giving that power away to somebody else, take it back fast.

You need to create your own life. Again, nobody can do that for you. I know that there are a lot of women out there silently suffering, and that's really what motivated me to write the book and start all the things that I've started--with Facebook and Twitter and the blog; everything is to support women that are quietly in terrible pain. They don't know how to get out of that situation.

This is going to sound a little harsh; it's a matter of choice.

I've been in that pain and I know how blinding it can be. So I'm telling anybody that's out there hurting, this is a matter of choice.

- You can either choose to stay in the suffering, or
- You can choose to get out of it, and
- Tap into your power, and
- Start to create change in your life

*It's choice!*

It's just that way too many women give in to this feeling bad, to this feeling of depression, to the pain associated with a failed relationship.

Actually, when you have a failed relationship *God's doing you a favor.*

He's doing you a favor. He's taking somebody that really isn't right for you out of your life and creating a void so that the right person shows up!

## Should-ing on You

But as women we hold onto these past relationships; we always make it about us, that we weren't good enough. That he found somebody better. "Well, I should have done this. Well, if I had done that then maybe he'd still be here." We've got to stop "should-ing" on ourselves.

Forget the ifs and realize that that person is no longer in your life because there is somebody better. But if you don't love yourself, how can you give away something you don't have?

## Waking Up

When I woke up from the alcohol, I realized that all the crazy stuff I had done on my journey of 25 years of alcoholism and beating myself up, all that stuff meant nothing.

It didn't define who I was today.

It had no bearing on who I was as a woman sitting in the chair today.

## Step 2. Acceptance & Attitude

By acceptance, I mean *you accept what's happened in life*. Our tendencies are to resist, and the more we resist the more pain and suffering we create for ourselves.

You can't rewrite the script of trauma that happened to you as a child; or if you've been abused in any way or if you have a broken heart.

You can't change that. The situation happened. Period!

You can't rewrite the script. The only thing you can do is to change the way you think about it.

One of the first things to do then is to just accept it.

It happened!

I'm not saying that you judge it, make it right or wrong. Just accept it. When you do that you free yourself from that bondage to that situation, the negativity that it's held over your head; you free yourself from that.

When you do that, you'll see your attitude will start to change completely. It doesn't become as significant a force in your life any longer. It starts to dissipate.

So that's the "A".

### Step 3. Identification & Intention

Here, you have to identify what you are doing that's self-sabotaging, that's holding you back. This could be *addictive behaviors*. It could be anything negative that is keeping you from being the best expression of yourself that's meant to be.

For me it was the alcoholism.

It was the self-loathing.

Once I was able to identify what I was doing that was supporting the negative behaviors, I could set new intentions as to what I wanted to replace these within my life.

Another question came up as I was writing the book. I said, "*Why do I have to make it an intention? Why don't I make it a goal?*" A goal is a written wish. An intention has the soul of the universe behind it.

So an intention is much more powerful, and when you set intentions you fulfill them.

My intention after I got sober and got my feet on the ground and started to really feel good about myself was to meet a man that would be the *frosting on my cake*.

As women we make men the cake, and this is a big lesson.

*Our lives, our goals, our desires, our vision, our mission is our life.*

The quality of the ingredients that we put into our cake is how good the cake is going to be. Only we get to put the ingredients in, nobody else does. Then the man is the icing on that cake.

When I told my husband that he said, "I love that." Because he said "most women make men the cake, Mal. And we don't want that responsibility."

## Step 4. Thoughts

Your mind can only hold one thought at a time, so why not make it a good one? When you're thinking something negative you either pinch yourself or you slap yourself. I used to wear an elastic band. I'd pull it, let it go and it would hit me in the wrist and sting. It was like my little reminder that I was having a negative thought. Eventually I just trained my mind. I would be like -

"Oh, I don't want to think that. Nope, nope, nope, nope!" I would stop that thinking process and I would immediately start to think positive things. It's just a matter of training. It's like a muscle. You just have to train it. But what you think about, your worst enemies don't think about you the way you do.



The way we think about ourselves is so despicable.

That's what we need to release and change. We are wonderful, wonderful divine creatures. *God created us to live fabulous lives.* We have so much to give. If we can just change the way we think about ourselves and think about our lives and start to think positively.

What you think about is what you're going to create.

I read something the other day that was wonderful about negative thinking. It was almost like doing an EFT kind of tapping. They tapped themselves on the temple. That was their signal. "No, not going to do that. No, not going to do that. Remove that thought right now." They would just tap on their temple. It was very effective and I loved it.

So that's something that maybe you could do if you catch yourself thinking negatively about another person, about yourself, about your work. Replace that with positive thoughts because the *positive thinking will create what you want to happen in your life.*

You become an *attraction magnet* for what you want with the positive thinking. Oh my God; everything starts coming toward you--abundance, relationships.

## Harley and the "Little Girl"

I had this image of a dog, and it's in the book; my first Jack Russell, Harley.

I had cut a picture out of a catalog. It was a *Victoria's Secret* catalog that had this little dog. I had that picture in my wallet for a couple of years. I was at a horse show in Oklahoma City. I saw the dog and I bought him.

He was my little man for 16 years. He died just as I was finishing the book.

Now the dog that's on the cover is a little female. When Harley passed I got a message that I was supposed to replace him with another dog, a little female, and I would know her when I saw her. He wanted me to heal the hole in my heart. He knew how much I loved the relationship and the bond of having a dog.

So I got this little female and she's my little girl. She's my little soul mate. We have breakfast together every day. She's just such a part of my life and my spiritual connection. Animals are wonderful, wonderful. They love so unconditionally and I wish human beings could learn to do the same.

If we could just love unconditionally, the world would be a different place.

I'm hoping that people will teach their children that. Because if we start teaching people that at a very young age--that generation--as they mature, we will start to feel the impact of that.

## Step 5. Healing & Helping

So the final step of this process is where I primarily live my life today. I practice this all the time, but this **Fifth Step** is really kind of what describes my life, and it's **Healing and Helping**. As a woman, once you know you've healed and

- You know it
- You feel it
- You're standing in your light,
- You're empowered
- You're vibrating at a different energy level
- That dimmer switch is all the way up now and you just feel unstoppable
- That's when you have to start giving it away and helping others

*You have to share the knowledge.*

*"We need to remind people when they start becoming successful, and abundance comes to them, they need to be sharing that as well because what you give comes back three-fold, or more, probably."* **Lisa Hurtt**

Success is a gift and so we need to pass it around!

## How Do You Do This?

Women need to identify that their lives are out of control or that their lives aren't what they wanted. Many women walk around living an experience that's not what they had hoped for and they can maybe be in a relationship that's not what they had hoped for.

But you can change. You have the power to make change in your own life. Again, it boils down to that step of choice and making that choice that you want to do something. Lots of times women say, "Well, how do I know if my life is out of control or whatever?" If you're not sure, I have a wonderful image that I use and I say, "Look at it; if the tail is wagging the dog then you know."

So think about the situation, and if you think the tail is wagging the dog then it's time to make a change.

It's about that because it's a pretty simple thing and it's kind of fun to think about.

It starts with you!

Everything that you want to do in life ...

- Your success
- Your happiness
- Your loving relationships
- Everything starts as an inside job

It all starts within you.

Unfortunately, we usually do the opposite and we're running around trying to get the answers and the solutions on the outside. If we could just change our process and our approach, and first start by getting very clear and that's going to come with that **First Step** of **Focus**.

Take a little time every day for you!

I hear women say, "Oh, well, I have small kids and they've got to get up and they've got to go to school and they've got to have breakfast and then..." Look at this. This is life. This is not a dress rehearsal. You're not getting a second chance at this. You either take the time, do what you need to do to create the life you want, or you've got to zip it up and stop complaining. So you need to take the

time. Maybe it means getting up at 5 a.m. or 5:30 a.m. so that you have 30 minutes to yourself.

It's the foundation of everything. Without this you just can't do it. There's no way. You can't go to **Step Two, Three** or whatever.

This is a process and it's laid out. It's very defined and each Step builds on the previous one, which is very interesting. So if you try to skip around on this it doesn't work. You've got to do them the way they're laid out. You need to allocate time to get quiet, to do some spiritual reading. People have trouble with first starting with meditation. I want to emphasize, there's no right way or wrong way to do meditation. You do it your way. It's a personal experience.

*"There's no right way or wrong way to do meditation.*

*You do it your way; it's a personal experience!"*

Just get quiet; take time, sit in a chair, sit on the floor. You could even do it on a walk outside. I don't recommend doing it lying down because you may fall asleep. You just need to empty your mind of all the screeching thoughts; all the negative nonsense that's swirling around in there. Just breathe and empty your mind and get calm. The most wonderful solutions and thoughts and ideas, creativity will start to come forward.

You can be doing other things like that. You could be walking. You could be on a treadmill. If somebody wanted to combine it with exercise I think they could, and/or sit quietly. Start with 10, 15 minutes. That's all. You could work your way up. Thirty minutes is more than enough time.

The benefits; I can't even begin to tell you how much better you're going to feel, how much clearer you're going to get about your own life. It's just going to open up the floodgates of possibility and the potentiality that you have to create a fabulous life.

The power is in your own hands to do this. Women think somebody else has control. They don't.

It's all within you. It's your control.

I can't emphasize this enough to you:

- You have the ability.

- You have the power.
- You have the mental capacity.
- All of it, there's nothing that you're missing. You just need to use the tools.

### The word "alpha" means beginning

So that's why I love it, because it means from the beginning we've had this power.

Now let's go use it!

## So Now What?

I want to commend you for working through the *Five Steps for Moving from Pain to Power*. If you have not read *Alpha Chick*, you may want to read the entire book for a more detailed account about the *Five Steps* process.

The book can be purchased at [Amazon.com](https://www.amazon.com), or you can go to [AlphaChick.com](https://www.AlphaChick.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*. And my mission is to help you to connect with that wonderful inner voice that can help you to achieve all you desire.

Throughout all this, you can fall victim to your circumstances or you can look within and find the faith to overcome them.

The choice is yours!

And my life now is about getting these lessons into the hands of women globally. That's my mission. So whatever we can do to support one another to get this material into the hands of women so that they understand they have the power, that's what I'm all about.

## 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 you're close to it), take a second to click to [AlphaChick](#) to sign up my newsletter, which you'll discover, like this [Action 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* so you can 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](mailto:malduane@alphachick.com), or fax it 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 so we can discuss how I can best help you.](#)

## How to Contact Mal

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

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

Please visit [AlphaChick.com](http://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

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*Alpha Chick, Five Steps for Moving from Pain to Power*  
Number 1 Bestseller on Amazon: <http://amzn.to/GFmT42>  
[www.AlphaChick.com](http://www.AlphaChick.com)  
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[www.Twitter.com/alphachickbook](http://www.Twitter.com/alphachickbook)  
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## Coming Attractions

This *Spiritual Solutions* 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*, all which will be available to you and to 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 when and where these sessions, events and e-reports will be available.

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

## 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 this list will be helpful for you and that it provides selections that you 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 Rave

*"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. I will continue to study in the mornings, as I do, but I will add quite a bit more to it from your 'Alpha Chicks' Action Guide. 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 does."* **TL**

*"The day I met Mal @ the Healthy Living Expo was a pivotal day in the start of my transformation. We were given a slip of paper to write something that we would like to rid ourselves of. I thought about it for a while. I wasn't sure there were so many things! I wrote down, I wanted to get rid of my very low self-esteem that was instilled in me as child leaving me to overdose on my prescription medications when I couldn't cope & also turning to cocaine then crack. I didn't feel comfortable sharing w/the class but once it was over I shared w/Mal. She read it then we ripped it up & threw it in the "ol' shit" bucket. I have been clean since then w/only 1 slip. I am still working on the 5 steps of becoming an Alpha Chick bc I'm having a hard time w/acceptance. Every day I feel more and more an Alpha Chick :)."* **Greta-Ann**

*"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. Thanks to Alpha Chick Power!"* **DebbieC**

*"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***

**Jennifer** wrote: *"Ladies, put down that "Shades of Grey" you're reading and get a copy of "Alpha Chick"...what an eye-opening and mind-opening read/practice...thank you for sharing & writing it, Mal!"*

## Resources

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

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

Free Coaching Group: <http://www.facebook.com/groups/AlphaChickGroup/>

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

[Amazon](#)

Lisa Hurt: [DrLisaHurtt.com](http://DrLisaHurtt.com) or [simplyspiritualsolutions.com](http://simplyspiritualsolutions.com)

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

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