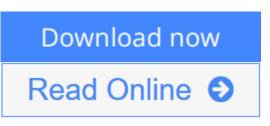


ALPHA MALE: The 40 Laws of the Alpha Male: How to Dominate Life, Attract Women, and Achieve Massive Success (Confidence, Charisma, Men's Health, Attract ... Confidence, Self Discipline, Motivational)

By Sean Lysaght



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- Extremely Anxious at Parties
- Shy Around Women
- People Never Listen to You
- Lack the Ability to Fully Express Yourself
- Take Jokes Too Seriously
- Constantly in the Dreaded Friend Zone
- Neurotic Approval Seeking

• Follower

Any of These Sound Familiar? If they do, then there is work to be done. For a long time

I found myself possessing the majority of those traits. I thought, "This is just who I am.

I can't change that." Wrong. Most of these traits were handed to me, and probably you

too, without request. With the way our society is organized (media, school, parents, etc.)

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- What Does True Comfort Look Like?
- Grounded: Finding Your Strength
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