



Alpha Chick: Five Steps for Moving from Pain to Power

Mal Duane

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Live a life no longer defined by your past.

Alpha Chick: Five Steps for Moving from Pain to Power is more than just a roadmap to happiness, success, and fulfillment - it is a model for any woman who dreams of those things. The brilliance of this book is that it clearly guides you step-by-step in the process of becoming your own unique brand of *Alpha Chick*. It sets you on your own road to being the ideal you; the sizzling, empowered woman you are meant to be. Alpha Chick shows you how to let go of the past and recapture self-love, faith, and hope. It provides all you need to create a new vision to achieve an exceptional life filled with passion, purpose and power.

In part one of Alpha Chick, Certified Life Coach Mal Duane takes you on a journey using poignant, personal experiences to illustrate how she cultivated - then applied - the 5 steps in the *Alpha Chick Process* to overcome seemingly enduring destructive self-behaviors to create positive mental, emotional, physical, financial and spiritual transformation in her life. The *Alpha Chick Process* grew out of her own recovery process and revealed itself during one of her daily meditations. And it did not surprise her that the foundation letter of each step spelled out a single significant word: FAITH.

Focus

Acceptance and Attitude

Identification and Intention

Thoughts

Healing and Helping

You, too, can let go of painful past experiences and live the life you've only dared to dream when you discover the powerful *Alpha Chick* inside of you. Alpha Chick will help you overcome pain, fear and confusion to approach life's challenges with the power of acceptance and the value of a positive mental attitude.

"Alpha Chick is Mal Duane's inspirational memoir for women who want the rewarding, fulfilling and happy life they've always dreamed about but didn't know how to achieve. Listen to your intuition, follow Mal's well-defined, doable steps, and you'll be led into the light of happiness and success!" **Lynn A. Robinson, Author, LISTEN: Trusting Your Inner Voice in Times of Crisis**

"Mal Duane's book.... gives us an insightful, practical and loving guide to shift our life story from one of pain and suffering to one of power and possibility. All women are recovering from something, whether it is a failed marriage, the loss of a loved one, an unexpected illness, a career change or an addiction. Alpha Chick shows us how to accept and transform our painful life experiences and losses, into divine opportunities for personal growth and healing." **Michele Wahlder, MS, LPC, Founder, Life Possibilities and Author of Alphantudes: The Alphabet of Gratitude**

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

"Mal Duane, in her inspiring book, Alpha Chick, takes the reader on a spell binding journey of her life. She climbs emotional hills, descends into behavioral valleys and through it all, maintains her ability to face life fairly and squarely. Her painful journey into and out of active alcoholism (both her own and her family of origin) is a story that many women will recognize as similar to their experience. Her ability to understand the recovery process and put into words a clear and available formula for recovery can be understood and accepted. As Mal describes recovery, the reader can fully understand and accept the five steps of Faith for change and healing. Her plan of moving from pain to power is a valuable guidepost and support for any woman who wants to grow and find strength, hope and power.

Sharon Wegscheider-Cruse - Best Selling Author of "Learning to Love Yourself", Family Therapist, Founding Chairperson of National Association for Children of Alcoholics and Founder of Onsite Workshops

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Russell Thomas:

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Gerald McMullen:

A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. In order to try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent all day every day to reading a publication. The book Alpha Chick: Five Steps for Moving from Pain to Power it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In case you did not have enough space to develop this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book has high quality.

Julie Bailey:

This Alpha Chick: Five Steps for Moving from Pain to Power is great guide for you because the content and that is full of information for you who also always deal with world and also have to make decision every minute. This book reveal it info accurately using great coordinate word or we can say no rambling sentences inside. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but tough core information with attractive delivering sentences. Having Alpha Chick: Five Steps for Moving from Pain to Power in your hand like finding the world in your arm, facts in it is not ridiculous one. We can say that no reserve that offer you world in ten or fifteen second right but this

reserve already do that. So , it is good reading book. Heya Mr. and Mrs. occupied do you still doubt that?

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