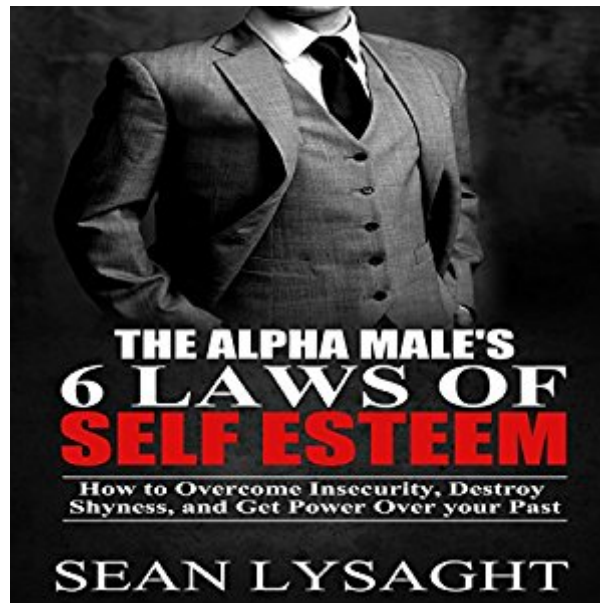


The book was found

# The Alpha Male's 6 Laws Of Self Esteem



## Synopsis

Become Alpha! Overcome Your Insecurities, Destroy Your Shyness, and Get Power Over Your Past! There is an epidemic going on in the lives of men today. An illness that is keeping men from reaching their full potential. An illness keeping men insecure, shy, and attached to their pasts. And it's beginning to affect the women and children around us for the worse.... This epidemic is known as low self-esteem. How to tell if you suffer from low self-esteem: You're indecisive: given multiple choices, you freeze Inauthenticity: you are always wearing a mask You deflect praise, either believing it to be sarcasm or not feeling worthy Hypervigilance: you are extremely aware of people's gestures, thinking of them as threats You never live in the present, either fearing the future or regretting the past You give up too easily: you won't stand for anything You aim low: you set the bar too low in your life You're a chronic comparer: you always judge yourself based on others You have trouble sleeping: you're utterly exhausted but can't doze off You sabotage your own happiness: believing you don't deserve it, you destroy any possibility of it Recognize some of these habits in yourself? If so, then you need to download The Alpha Male's 6 Laws of Self Esteem. These are the exact tools I used to overcome my insecurities, destroy shyness, and gain power over my past. I now own social situations. I live fully in the present moment. And I am in complete independent control of my Life. I am grounded, purposeful, and free - alpha in every sense of the word. I changed my life, and you can too. Take action, and download now!

## Book Information

Audible Audio Edition

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## Customer Reviews

For men who tend to be passive, introverted and lacking in confidence, this book will teach you the

six laws for changing your current mindset. You need to learn to be more proactive, to make self-affirmations by displaying trophies of your past achievements and engage in activities you truly enjoy. Such moves will help you to regain some satisfaction in your own achievements and slowly build up your motivation for becoming a better person.

The author gets right to the point. While this is hardly the encyclopedia of self esteem the author gives you a number of very helpful characteristics to focus on to help you improve your self esteem. Well worth the \$3 and 90 minutes it took to read!

Not helpful...you can google what's mentioned here And not very detailed with real explanation.....very disappointed I had high expectations .

Confidence is key! Any tool people can use to boost their self-confidence is a positive thing. I applaud anyone who wants to improve themselves, and this book can really help.

This book will give a great guide on how one can improve his self-esteem, gain personal awareness and fix little things in life.

I still don't think of myself as an "Alpha" male, but the confidence boosting tips in the book are still pretty great. It wasn't my normal cup of tea, but it was written well, and the information was spot on. It has helped me with my self esteem, and I feel better for having read it, I just have hard time getting on board with the super ego filled alpha roles. All in all a great book, and I'd still recommend reading it if your dealing with self esteem issues.

A perfect book to boost up your confidence. Amazing offering from Sean Lysaght, loved the style of writing and simplicity of content. In today's world of cut throat competition, confidence and self esteem became a vital aspect of personality to survive competition, and this book does this very same task being a great guide/mentor. Looking forward for the next offering from author. Recommended

Good, quick read. I have read most of this author's books, and I like them. I recommend reading his books.

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Alpha Male: Stop Being a Wuss - Let Your Inner Alpha Loose! How to Be a Chick Magnet, Boost Your Confidence to the Roof, Develop a Charismatic Personality ... Dominate Your Life Like a True Alpha Male The Alpha Male's 6 Laws of Self Esteem The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self Love: Raising Your Self-Confidence & Self-Esteem Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1) Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) The Alpha Wolf's Baby Kittens: MM Alpha Omega Fated Mates Mpreg Shifter Alpha Teach Yourself Bookkeeping in 24 Hours (Alpha Teach Yourself in 24 Hours)

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