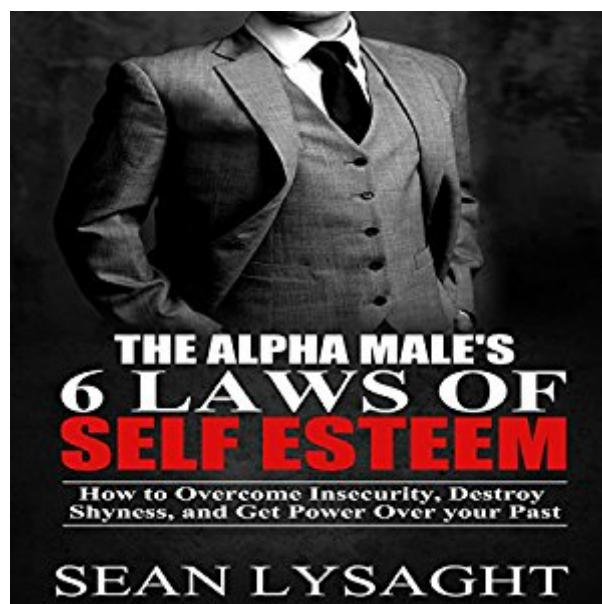


The book was found

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

Listening Length: 50 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sean Lysaght

Audible.com Release Date: March 25, 2016

Language: English

ASIN: B01DE915AC

Best Sellers Rank: #58 in Books > Education & Teaching > Higher & Continuing Education > Adult & Continuing Education #79 in Books > Audible Audiobooks > Nonfiction > Education #512 in Books > Self-Help > Self-Esteem

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!

Bought it for myself after taking a peek inside. I liked the topic of each chapter and I knew it would help me with my confidence too. I just wish it had more of a daily challenge kind of thing to get you on your way to becoming a much more confident person.

Look through his reviews for all his books, and you can obviously tell they're fake.

the first line of the Forward in this book is ... and I quote "There are far too many book on the internet today about self esteem" I couldn't agree more. This book is one of those unneeded books, just restating the non-sense of those other books on the internet state. If you are having trouble with self esteem, this book will not help.

A very, very cheap and inaccurate copy of Nathaniel Branden's "6 Pillars of Self Esteem".

A good book. I like the old Nathaniel Branden idea, the 6 pillars of self esteem, tied into social dynamics and masculinity. A cool take an an old idea. It's written in a clear and concise way, giving real life examples of the principles discussed. An enjoyable read, and I will look into more from Lysaght.

[Download to continue reading...](#)

The Alpha Male's 6 Laws of Self Esteem Alpha Productivity: The Alpha Male's Guide to Time Management The 40 Laws of the Alpha Male: How to Dominate Life, Attract Women, and Achieve Massive Success The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Finding Alpha: The Search for Alpha When Risk and Return Break Down Alpha Teach Yourself Bookkeeping in 24 Hours (Alpha Teach Yourself in 24

Hours) 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) 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 Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) What Women Want in a Man: How to Become the Alpha Male Women Respect, Desire, and Want to Submit To The Alpha Male's Guide to Mastering the Art of Small Talk Alpha Male Syndrome Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Confident You! Coloring Book for Children: Fun Drawings with Encouraging, Positive Statements to Improve Self-Esteem Self-Esteem: Third Edition The Tortoise and the Hairpiece: A kids book about how to make a friend and build self esteem and confidence Schoolgirls: Young Women, Self Esteem, and the Confidence Gap

[Dmca](#)