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## **Free “Confidence Quick Tips” Guide!**

“Hey all you alpha males! I’d like to give you the opportunity to be the FIRST to find out about my latest Alpha male tips, tricks, content, book releases and sales. Let’s become the ultimate alpha male... Together!”

– Jett

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# **Unleash and Dominate Your Alpha Male**

*Attract Women, Boost Confidence, Obtain Success, Conquer  
Negative Thinking, Improve Your Life, and Follow Your Passion*

# Chapter I

## What's The Big Fuss About Being An Alpha Male?

**Are you an Alpha male? Are you getting the women you want? Are your pockets getting fuller with money? Do people see you as a leader? Do they respect you and make way for you when you enter a room? Are you in full control of your life?**

Starting off a book with questions will probably raise eyebrows among literary gurus, but hey, to be completely honest... I could care less! I'm not writing this book to conform to what is conventionally or politically correct. I'm writing this book to help men who, like you, could possibly be up in limbo trying to make sense of their no-specific-direction lives. The way I figure it, if the above questions hit you like they hit me before I became an Alpha male, then I'd be off to a good start.

Perhaps, you'll find the answers to the questions won't come easily. Don't worry about it. Where it concerns the inner dynamics of a man, the answers never do come easily, not unless you've got a precise idea of what makes an Alpha male. In truth, not too many men have a definite handle on what an Alpha male is. The closest they'll come to what it really is, would be to associate it with the 1980's idea of machismo, which sadly is mostly confined to how well-endowed a man is. Not that any man (or woman) would complain about that, but being an Alpha male goes a long, long way beyond being a sex god. Sure, that helps too. But for an Alpha male, being a confirmed stud is not the be-all and end-all of life.

### **So, pray tell, what in heaven's name is an Alpha male???**

Well... for one thing, he's not the impatient type who'd lose control over learning something related to Alpha male. He is usually calm and collected. In the words of today's young kids, he's cool.

### **The Alpha male**

In a nutshell, an Alpha male is the ideal man almost every woman wants and most men want to be. They're the guys on top of the social and economic totem poles. They've got better access to power and money and have easier ways with women. They've gained these advantages through physical and mental prowess, asserting character and influence. They're often described as 'real men'.

### **The Beta male**

On the flipside of the coin are the Beta males. These are the weak, nondescript hundreds of thousands of men who go through life being submissive and subordinate, and seem to always find themselves on the lower ranks of the social and corporate ladders. In a game of poker, while most of the players would have a good pair, these Beta males would have a pair of deuces. Their female partners would generally be those who have simply decided to settle down and get married, who went on a mission to find a “nice, decent, family-centered guy”. These are the Beta men. No, they’re not what you’d regard as losers. They’re simply not living (or unable to live) to win!

**My sincere aim is to help you go through a process to become an Alpha male, begin to live like one and start winning!**

This is an easy-to-read, easy-to-follow-and-do, 6-chapter book which is geared towards giving you a better understanding and appreciation of:

- 1) What an Alpha man is
- 2) Why you should become one
- 3) The important elements that will make you one
- 4) Building your passion and sustaining it
- 5) Doing what you need to do to become an alpha man; and
- 6) Propping you up for growth and success

**First things first. Let’s get a measure of what an Alpha man really is.**

I could make out like a college professor and go through the Alpha ethology (I had to look this word up in the dictionary) and tell you all about how, in hierarchical social animals, alphas usually have priority access to food and other desirable things, including preferential access to sex and mating partners. I could tell you how gorillas achieve this status through physical prowess, but hey, I don’t think we’d like to go aping them! Besides, our methods are a bit more sophisticated!

So, what I’ll do instead is line up the specific characteristics of an Alpha man and, as you go through each one of them, ask yourself 3 questions:

- 1) Am I this?
- 2) Is there something I can do about it?
- 3) Shouldn’t I be doing it now?

**‘The Alpha Male’; ‘the main man’; ‘the real stand-up guy’; ‘God’s gift to women’ – it doesn’t matter how you refer to him: he’s the top guy, the leader, the one most other men look up to for inspiration and motivation, almost always with a hidden taint of envy. Here’s what makes him tick:**

- 1) The Alpha male, first of all, is a leader. He leads by example. While he carries himself with a certain quality that inspires the people around him, he doesn’t tell them how to live; he doesn’t impose on them. He lives on his own terms, in the best way he thinks is right for him.
- 2) The Alpha male is persistent. He doesn’t give up. The word ‘quit’ is not part of his everyday vocabulary. He’ll be the last man standing in any kind of fighting arena.
- 3) The Alpha male is in top physical form. He’s not going to look like those giant Roman gladiators, but he’s strong. He’s got an athletic body most women would find attractive.
- 4) The Alpha male is a tough worker. He’ll work all hours knowing nothing great is accomplished without hard work. He toils with a specific, definite purpose.
- 5) The Alpha male never picks a fight. He’s not a war freak but, if he finds himself in one, he won’t cower in fear. He’ll be the guy who ends it. He doesn’t hit a man when he’s down. He’ll fight mostly to defend – not to kill, maim or destroy.
- 6) The Alpha male is not only a survivor – he’s a fighter. He’s a warrior, not a worrywart. He knows he can’t have everything under his control, so he takes a firm hold of what he can and doesn’t worry about what he can’t control. He forgets about tomorrow. He’s got his hands full working on today’s needs and demands.
- 7) The Alpha male has got style. He dresses and looks like a man, and people respect him for it. He’s not a fashion icon, but he wears his clothes with a certain flair.
- 8) The Alpha male knows women. He’s got a great way with them. He respects them and treats them gently, often because he has had beautiful relationships with them. He’s chivalrous, gentlemanly in his ways. At every chance, he helps his girl to make her dreams come true.
- 9) The Alpha male is learned and educated. He may or may not have any of those fancy university degrees, but he’s got an unquenchable thirst for knowledge. He desires to learn, and he does. It’s what helps him interact with people from different social and economic standing. He can hold a conversation smartly with a top businessman, a math professor, a sports buff or the local parish priest.
- 10) The Alpha male is confident. He’s sure of himself. He knows who he is and what stuff he’s made of. He lives by his values and doesn’t stray from them. He stands by them and will fight for what he believes is right. It’s this confidence that makes him feel at home in the corridors of power. It’s what makes him attractive to the opposite sex. Even more importantly, it’s what puts the credibility into what he says and does.

- 11) The alpha male has got a sense of humor. He's amusing and entertaining, and tells jokes as effectively as any stand-up comic you'd see on TV.
- 12) The Alpha male has lived and continues to live. He is a seasoned man with stories to tell. He's no stranger to mistakes but he's able to laugh at them. He's gone into adventures – the kind everyone enjoys hearing about.

There you go. Twelve specific traits of what makes an Alpha male. More importantly, 12 characteristics that make a real man, characteristics that have propelled him to the top echelons of corporate management, financial and economic circles and the social world, making him the envy of most men.

Obviously, there are many other ways of defining an alpha male, but perhaps what you'll find common in them is what he is not. He is not your average Joe, he's not of ordinary mold. He is neither conventional nor traditional, though he puts value on family and societal traditions. In short, he's not 'just a man'.

As I suggested in the earlier paragraph, I hope you took the time to do a self-assessment using the Alpha male characteristics as a yardstick. It's what I did. It's what did the trick for me... reason enough for me to persuade you to do the same. It will give you an idea of where you might be in terms of becoming one. This simple exercise is just a sort of a look-see, start-up activity. The job ahead is a bigger one; but hey, we're talking about you getting richer, we're talking about you getting the women you want and we're talking about you being a cut above the rest. You've got to concede, it's not going to be a walk in the park. I'll promise you this much... we'll work with you all the way, as we try to simplify the process and quickly get you on track.

## Chapter II

### Why You Should Become an Alpha Male?

So now you've gotten a fairly good picture of what an alpha male is and you might be asking yourself... "Why should I become an alpha male? Heck, I'm pretty comfortable where I am, with what I am and what I have!" Great! I don't think anybody can quarrel with that. Lots of people have their own idea of their contentment level. When you've reached this level and you feel you're happy, hey, why rock it? It's just that on certain days when things simply don't seem to be going right, and tiny little doubts creep in because you've just had a big fight with the wife over money... it won't kill you to keep your mind open. You've got to admit a lot of the things we learn about life aren't always right, right? The old folks would say, "Be happy with what you've got because a lot more people are in a worse off situation!" True. And you tend to take this at its face value and hang on to what you've got!

On the other hand... if you often get this feeling of a rushing bull who'd like to take life by its cojones and own it... if you get this almost piercing thirst for success, this keen, consuming sense of possibly becoming another Arnold Schwarzenegger, or another Silicon Valley technology ace like Steve Jobs, or as popular a host as Ryan Seacrest... don't ask why you should become an alpha male. Ask instead, why you shouldn't. Everything about an alpha male's super traits and admirable characteristics are there for you to acquire and build into your persona. They're yours to nurture and own, because you deserve them.

### **The Benefits of Becoming an Alpha Male**

And the perks of becoming an alpha male? Awesome! Imagine coming home to an ice-cold Bud Light after being lost in the sweltering heat of the Sahara for three days! And the nice thing about it is... there are several more Bud Lights in the ice-box.

Becoming an alpha male is about having a superior state of being that surrounds your personality and behavior in society. It's about not only developing a mindset, but possessing an ability to take full control of your life. You can take stock of yourself and steer your career in any direction that'll get you feeling fulfilled – and make tons of money along the way.

While lots of ordinary guys can barely get a first date, you'll get all the dates you want, with the kind of women you like, and build the kind of relationship you prefer. As you develop your confidence and move about with a self-assurance that'll put James Bond to shame, women will find you attractive and naturally be drawn to you. I can't guarantee you a night out with Jennifer Lopez but, I assure you, it's not going to be hard meeting up with a gorgeous woman with a look-alike butt.

And the guys in the office? You'll be the envy of them. They'll begin to see you in a different light. They'll get to realize you are the man... the guy who really matters... the smart corporate exec who sets the tone and takes the lead in making people execute plans faster and better. And what about the other alpha males on the top floor... the head honchos in dark suits, the heavy breathers who sign your checks? Appreciating the sharp, creative solutions you offer to clients' concerns and issues, they'll be happy to sign more of your checks.

### **Is This For Real?**

You'd better believe it! Nothing I've written in this e-book is fancy, whim or wishful thinking. I've been through all that in junior high, when all I could do was daydream about being in bed with Sarah, this vivacious member of the cheering squad who hardly noticed me. Of course she ended up in the arms of this sweet-shooting, top scorer of the basketball team. But that's all water under the bridge now, although, at the time, I wished ardently for this guy to crash his Mustang



against a tree and lose all his teeth! I've become an alpha male since. No more kid stuff.

Transforming into an alpha male is not a one-shot deal. There's no magic pill for it. It's something you continuously work on until it becomes second nature to you, such that anything you do, both inwardly and outwardly, exudes an air of self-assurance that's immediately felt and seen, making you some sort of a social demi-god.

And guess what? YOU can make it happen. I know. I made it happen. I've developed an alpha personality that has enabled me to live my life on my own terms, have a lot of fun dating and spending night time with beautiful, sexy women, and have a thick bankbook – none of which I ever thought I'd have. My new-found alpha male character has brought me success. Hey! I'm writing this book, right?

You, too, can make these a part of your reality. Once you've acquired an alpha male's traits, you will succeed with whatever you set your mind to do. **And here's why:** visualize. Imagine yourself as having gone through the process of becoming an alpha male. While you may not have a scrolled diploma in your hand, you might notice some men and women looking at you admiringly.

### **Ten “It-Makes-Sense” Reasons Why Success Will Come With Your New Alpha Personality:**

- 1) **You're now a leader.** It's human nature for people to follow alpha personalities and, because they're following your lead, they will naturally go the extra mile to contribute to your success – knowing that their own success depends on you and your well-thought out plans and strategies.
- 2) **You're now confident.** New possibilities and opportunities will present themselves constantly. You've got enough acquired confidence to make yourself available and involved in all of these.
- 3) **You are now resourceful and enterprising.** As a kid, your youthful curiosity found solutions to problems – demonstrating your ability to be enterprising. By now, you have been able to develop and practice this skill frequently enough such that any problems will seem simple to you.
- 4) **You've become a dominant personality in social circles.** It's common knowledge that one of the keys to business success is networking. You are naturally inclined and predisposed to be great at this – and those huge, varied social circles will provide you with lots of opportunities to find hobbies and interests that you love.

- 5) **You've become ambitious.** Being enterprising won't do you any good without having that ambition to make progress and reach new heights. This new alpha personality will make you want to do more and be successful in every aspect of your life, including the personal and the professional sides.
- 6) **You now have charm and charisma.** Part of your success will come from your ability to share its rewards with others. People will naturally want to be part of your successes because you're warm and nice and simpatico.
- 7) **You are now very competitive.** In practically everything that you do, you want to turn into a competition and, no ifs or buts, you've got to come out the winner. This burning ambition you've got for success in business? Turn it into a competition and you will undoubtedly end up on top of the heap.
- 8) **You now possess that 'can-do' mindset.** People can now throw anything your way – challenges, pressures, problems and new, difficult tasks – but you can handle anything. You can tackle complications and tough jobs, and because you're now an alpha male, you complete these things with poise and finesse.
- 9) **You are now popular.** Friends, colleagues and family members... they all like you; and because they do, you can expect them to hope and pray for your success as much as you do. Expect your mom, especially, to even hold novenas in church for your success. These are your rah-rah cheering squads and, when you run into snags and things aren't going your way, they'll be there to jump in and lend a hand. (I can't guarantee you a personal loan from your mom, but who knows? Maybe your charm and charisma might do the trick.)
- 10) **You are now in full control.** You may have certain traits others may not perceive as positively as your charm. Being aware of these, and taking full control of your tendency to sometimes be domineering and bossy, will go a long way towards success – both in your chosen career and personal life.

Since I've become an alpha male, I've become direct and honest – something that I'd like to be with you at this stage of the game. I sincerely believe that any combination of these ten reasons will bring success to your life, as it did to mine. I've witnessed others, too, practicing these tenets and then observed them enjoying the fruits of such transformation.

Deep down inside, you know that there is more to life than going through one's daily routine and just quietly acquiescing to be categorized as 'average'. There is something better: becoming an alpha male and living an amazing life.

What follows is a quote from Gandhi. It's an inspiring thought I run to every now and then, when I notice myself sometimes back sliding from my beliefs. I'd like to share this with you.

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”

## Chapter III

### What Will Make You An Alpha Male?

We're near the middle of this e-book, but this is where it really begins. This is where I'll guide you. I'll take you through the various important life-changing lessons I've learned, which have now been made a part of my alpha personality... learnings and unlearnings that have helped me to gain full control of my life. And, believe me, it will create some great and superior changes in yours as well. Don't think it'll be over-the-top difficult. No. It's not going to be like a woman shouting her lungs out delivering her first baby, but at the end of the day, it will be just as satisfying, just as gratifying.

So, roll up your sleeves, flex some muscles and psych yourself into becoming a real man. We've reached that point where you'll hear the clapping of the clapperboard and the director's "Lights! Camera! Action!"

#### **Remember what you're aiming for**

I've talked often enough and simple enough about the reasons why you and I, as men, should become alpha males: it is the key to wealth, great relationships with the kind of women we want, and respect from peers in our chosen fields of endeavor. It is not going to be far-fetched, either, to be enjoying some level of fame and glamour, particularly if you move and take the lead in the popular world of sports, fashion and entertainment. There are, of course, other perks in the peripherals as you develop your alpha personality. Let them just serve as gravy. Go for that tender, delicious, melt-in-your-mouth Kobe steak.

#### **You've got to want to become an alpha male!**

There aren't any two ways about this. If you want to have what's out there, you've got to come in all the way and go the whole nine yards. Others call it passion. I'd like to call it heart. As the song goes... "You gotta have heart, lots and lots and lots of heart!" You'll need it as we go along. But don't fret; I'm here to help.

I've written this chapter to make it as easy as possible for you or anybody to follow. You don't have to go and do the whole hog. You can do these things three or four steps at a

time – but do them! It will help if you give yourself a ‘completion date’ of one week. I use ‘completion’ here loosely, for this alpha male make-over goes on with practice... till you tell yourself, “I’m now an Alpha male.” An Alpha male is direct and honest, so it will have to come from you. Now is as good a time as any to start. Here goes:

## Building Up Your Confidence

One of the most important traits an Alpha male should have is confidence. Unless you were born to be king of England, or with similar high status, confidence doesn’t come on a silver platter. It’s something you work on, something you build on, one block at a time. And it’s there. You’ll just have to learn the techniques of developing it till it becomes a part of your personality.

Like most men, I wasn’t projecting enough confidence before. I’d used to just mope around feeling sorry for myself until, in one of the events I attended, I saw this man enter the room with such an aura of confidence, people could feel it. The women certainly took notice. I myself could feel it. Admiring the guy but feeling envious, I decided I wanted to be like him. Today, I AM like him! An Alpha male. He’s better looking than I am, but I AM like him!

### Getting Started

An old, very good friend helped to get me started and, until that point, I didn’t realize he was an Alpha male himself. He urged me to adopt the following steps to raise my confidence level. He assured me that these were going to help in whatever I chose to do in the future. In the spirit of ‘paying it forward’, I’d like to share these with you:

**Mind how you look to other people.** Improve your appearance. I’m not talking here of going through a beautification program in one of those men’s salons and lathering yourself with all kinds of magic herbal creams sourced from Kathmandu or Turkey. No. But I am talking about taking some time for a basic grooming thing and dressing up appropriately. I am talking about a shower, shave and tooth brushing everyday. Getting your hair shampooed and combed or brushed nicely won’t hurt either. Throw away those running pants smelling of sweat and tattered tees. They make you look like a bum. Here’s the rule of thumb: Dress up everyday in such a way that if you saw your ex-girlfriend and wind-up for lunch in a restaurant, you wouldn’t be embarrassed.

**Do some exercises.** Nothing beats workouts in boosting male confidence. The blood flow that increases after you’ve flexed your muscles will make you feel good. And the hormones that are released? They’re not going to make you feel like Superman, but you’ll feel better than the next man. Forget about gym memberships. You can start exercising today, committing 15-30 minutes in a daily routine, jogging or walking briskly around the block or biking within your neighborhood.

**Set goals and make sure you meet them.** Men who set goals and achieve them become very confident. In essence, goals are actually promises we make to ourselves. If we can’t keep our promise to ourselves, how the heck are we going to be confident? Start today. Set a goal that you can meet today. Nothing fancy. If you love sleeping late, make a goal to get up early and do it! If you’re not

organized and a lot of things in your everyday world are topsy-turvy, make a goal to plan out your day, and do it! As you set and meet these small goals, your confidence will begin to build up. When it does increase, you can set the bigger goals, and when you achieve them your confidence will be boosted even more.

**Pull back and take stock of the successes you've had in the past.** Look back to those moments when you were successful. These don't have to be huge successes, but remembering them will tell you, you're not a washed-out guy. Realizing that you can succeed will trigger more confidence to take on other challenges. Put them down in your notebook. Anytime you're feeling like you need a confidence shot, look them up!

At this point, let's pause a while... I'd hate for you to get an information overload. Take a breather and digest the thoughts and ideas of the preceding paragraphs. Okay, your five minutes are up! I'm back to my roll as a screaming first-class Marine drill-master.

**You've got to START building your confidence now!** (I've capitalized the word 'START'. It's now our operative word.) Not that you don't have any confidence at all. Almost everybody has it in varying degrees. The degree that's required, though, to become an alpha male is a bit above the ordinary. After all, confidence, wherever the alpha male finds himself, is one of his most defining traits. It's what makes him stand out from the rest.

Here are some of the other things you should START trying in building your confidence.

**1) START going after what you want.** Don't be shy or scared. Own your intentions. Be direct with whatever it is you want.

Let's say you want to start a conversation with an attractive woman at the airport, in a party or any social or business event. Don't disguise your intentions. Show her your interest. Walk directly to her, make eye contact and smile. Say something like... "I was just going to get a coffee, would you care to join me?" or something similar to that. You don't think any woman would be turned off by something like that, right? Of course not! And unless you look like, and are dressed up like, the Boston Strangler, the conversation should continue smoothly. You can try this today, tomorrow, or on your Saturday night out, but you've gotta have heart to try it.

**2) START Walking and moving with a strong body language.** Go face a giant wall mirror and take your natural walk. Don't pretend you're Prince Charles doing his regal walk before Queen Elizabeth. Just do your natural walk and take a close look. Is your head bowed? Your shoulders slumped? Do you carry yourself with tension written all over your body? That ain't confidence, baby! Learn how to walk with your back always straight and your chest open by letting your arms fall naturally on your sides. In fact, walk straight with your full height and head held up (you'll be amazed at how tall you'll look when you do this). Take several deep breaths as frequently as you can. They'll help shake off that tension and project a relaxed, confident walk. Practice walking this way every day. In about a week's time you won't have to pretend you're Prince Charles!

**3) Walk and now START talking like a man.** If you've got a naturally pleasant voice, that's great. You'll just have to learn how not to rush your words and talk at a steady, relaxed pace. You might want to put on some authority in whatever you're talking

about by lowering your pitch when you end your sentences. Talking this way will help to make you sound confident and pretty sure of yourself. Otherwise, if you've got a high pitch, squeaky-type voice, I'd suggest practicing lowering it every morning by reciting the alphabets in as low and deep a pitch as you possibly can (make it sound bass-like)... Eyyy ... Beee... Ceee... Deee... When you do enough of these pitch-lowering exercises, this pretty soon becomes your natural speaking pitch. If you can afford it, get yourself a tape recorder, a mike and a headset and record yourself reading the paper's front pages, also in as low a pitch as possible. You'll see the improvements as you do this every morning. No budget for the recorder? No problem. Go to any corner of your house, flap your ears close and listen to yourself reading the papers aloud. I know this to be effective first hand. It's what I did all summer long before college; it's what got me the DJ job I was dying for at the local radio station. It was a short stint, but with pretty girls dropping by the station for hellos and song requests. I had a lot of fun.

**4) START looking good, well groomed and sharp.** None of this shaggy hair, untrimmed beard and tattered jeans. Try looking like you're the top man of a dynamic advertising company, suited up in a sort of trendy way that shows you know where it's at. Also, eating the right kind of food, getting enough sleep and a bit of exercising will go a long way towards improving your whole appearance. There is a lot of value in remembering what fashion experts call 'dressing for success'. It'll help raise your confidence level. And success does breed confidence, so...

**5) START taking pride in those little successes you've had in your life.** Take the time to work on developing certain things you're good at. If you've got a gift for taking great pictures, for instance, take pride in it, pursue it and let it shine. No need to flaunt those dramatic black and white photos at every chance you get. Awareness of this personal talent will come through as you move in your social circles. So, short of taking up bullfighting lessons in Madrid to become a grand matador, look into your areas of potential success and go for it.

These are but a few of the doable techniques for building your Alpha male confidence. I urge you to START doing them – today! As we go on with this book, I will show you the other important aspects of becoming an Alpha Male, how to progress from there and start enjoying the wins!

### **Getting there**

All this confidence-building work, other than boosting your professional career and creating a propensity for you to succeed in business and making money, has another great advantage. It will lead you to becoming a lot more interesting, appealing and attractive to women. This shouldn't come as a surprise. Men who move with confidence (and don't mistake this for arrogance or cockiness) will always be extremely attractive to the opposite sex. Human behavior experts know it. Now you know it. Live by it.

I can't overemphasize this enough: **YOU'VE GOT TO WANT TO BECOME AN ALPHA MALE.** It's what will prompt you to take action not tomorrow but today. Once you start on the foregoing techniques I've lined-up, you and I have half the battle won.

The other half, which is just as important, is about becoming a leader. No, you don't have to kill anybody to become a leader! But you gotta have heart and work at it.

## **The qualities you'll need to develop as a leader in becoming an alpha male:**

There's always been this debate on whether or not a person is born a leader or he simply takes hold of his life and develops talents and abilities that make him a leader. The thing is, there are clear common personality traits that are found in leaders. They are highly intelligent and successful. In corporate America they represent about 70% of all senior executives. They couldn't have all been born natural leaders. My premise is that any person who wants badly enough to be an alpha male and become a leader, can. I've done it. You too can.

- 1) **You've got to have a good, exemplary character.** Let me make it clear that we're not talking about religion here and being a saint. We are talking about being trustworthy. A leader needs to be known to live his life by good values, good ethics. He's got to have honesty and integrity. These are what will earn him the right to have responsibility for others. He needs to be trusted. Deep down, you'll have to ask yourself... Am I this? Or perhaps the better question would be... Can I be this?
- 2) **You've got to be gung-ho about your career or your job,** or if you're advocating a cause, you've got to be enthusiastic about it and your role as a leader. People respond more eagerly to a leader exuding passion and dedication. You should be able to inspire and motivate people towards moving in a certain way. While you may be the leader, you're also part of the team aiming at one common goal. You shouldn't have any qualms helping in the dirty work.
- 3) **You've got to be self-assured and confident.** When you take control, you've got to do this in a calm, intelligent way. You've got to be able to respect others' opinions and advice, not step on anybody's toes or create conflict. You shouldn't be afraid to make decisions. You'll be making lots of them but your decision should always lead to what's best for the majority.
- 4) **You should be committed to the highest standards.** Second best shouldn't be good enough for you. You should remain steadfast and focused on the main purpose. In times of crises, you should keep a cool head and not lose control.

Looking at these four qualities for developing alpha male leadership, you'll realize most are to do with your innate character – something you can't simply grab and decide to become on the spot; or, it could possibly be a combination... something that's both within you and something you have to work on. Pull back a bit and look at yourself closely. Take your time. Take all of 30 seconds. Only you know you. And then... imagine yourself being an alpha male... imagine yourself enjoying the wins and hey! Let's get going!

### **It's okay to fail and succeed**

Looking back at our world history, it'll be easy to recognize some of the alpha male leaders: Achilles. Alexander The Great. Napoleon Bonaparte. They saw opportunities where most other men saw failure. Know that sometimes an alpha male will stumble, but he'll never see this as the end. He'll stand up again. He'll see this fall as a need-to-experience stepping-stone to success. And because he knows this, he builds enough guts to try things others won't. To be sure, he'll work harder for success, where others will simply throw in the towel.

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## CHAPTER IV

### YOU'VE GOT TO HAVE PASSION

#### **“You Must Want To Become an Alpha Male”**

Whether you're planning to put up a restaurant business or fresh out of college, you're simply thinking of the right path to take in a career. It is a 'must' that you go with your passions if you want to succeed.

For the most part, when we talk about success in life or in our professions, it's inevitable that the conversation leads to certain personal character traits. Things that come to mind are: determination, ambition, right attitude, discipline, persistence, even connections and some luck. These are deemed to be critical for success. What we usually tend to forget and include is passion, or what I had described in the earlier chapter as “lots of heart”.

This important thing, this passion for whatever serious venture we get into (as in becoming an alpha male) is an integral part of the success formula. In fact, in most cases, it makes all the difference. Passion – along with the other good traits – and success go hand in hand.

#### **What is true Success?**

But, even before I go on with why you should be following your passions, let me talk a bit about success. Often, it is immediately associated with great wealth and widespread fame. These are not, however, the primary definition of success. The true meaning of success is the achievement of something you and I greatly desire. Ergo, the most successful guys in the world are those who get what they want out of life. Of course, money, along with some degree of fame and respect, is a good goal to have. We all like to have plenty of money to keep ourselves and our family comfortably sustained. But you know what? These things almost come naturally as by-products of success. The equation goes something like this: the more passion you put into your work, the better chances of success that leads to wealth.

#### **What is this passion I'm talking about?**

As I talk about passion in relation to becoming an alpha male, keep your imagination in check. Don't let it run wild as to conjure images of you and Megan Fox in a romantically hot love scene. No.

Deep down inside every one of us, resides this strong feeling of enthusiasm, this thing called passion. In varying degrees, it's demonstrated in things we do: working out



financial statements, running after a basketball, playing our pet sport or even indulging in our favorite food. In many individuals, this passion is very strong. When you inject this into your work, you are aligning yourself for achieving true success.

### **Why passion is so important to success**

When you are keenly enthusiastic of, and proud about, the work you do, you become better armed to beat any obstacles that are sure to surface with, say, starting a restaurant – or pushing on with becoming a stand-up comedian, hopeful the audience laughs at your silly jokes. The stronger the passion, the more predisposed you become to putting in the extra effort to make yourself better. Almost naturally, this passion will drive you to become an expert at what you do and inevitably lead you to a higher pay. Passion spells a more meaningful career and raises the chances of you creating more wealth.

See this clearly. As you go through your transformation into an alpha male, you've got to bring out your passion. You've got to really want to become an alpha male.

### **Look at how the guys with all the passion in the world fared in their respective circles:**

**Steve Jobs:** In an article titled “The Seven Success Principles Of Steve Jobs”, written by Carmine Gallo, and based on numerous interviews with Jobs and Apple employees, the number one principle cited in the article is DO WHAT YOU LOVE. The late Steve Jobs, the smart, sharp ex-CEO of Apple, was a great believer in the power of passion. At one time, he was reputed to have said, “People with passion can change the world for the better.” You and I know he did. He showed it was his passion for his work that did it for him, that created his monumental success.

**Mark Zuckerberg:** This thirty-one-year-old CEO of Facebook changed the way we live, and made billions of dollars in the process. One of his ingredients for success is “following your passion”. According to David Kirkpatrick, who wrote the inside story of Facebook, Zuckerberg suggests “follow your happiness”. He says that even if you don't wind up with a great fortune, you will at least be doing something you love.

There are a lot of other successful personalities who got to where they are today through the keen enthusiasm and passion they combined with their endeavors: Steven Spielberg; the former governor of California, Arnold Schwarzenegger; the great popular song composer, Burt Bacharach; X-Factor's Simon Cowell; Bill Gates; Oprah Winfrey; and a host of other corporate executives, businessmen, inventors, writers, technologists, doctors and surgeons, who may be less-known but have had, nevertheless, a taste of the true meaning of success because of their passion.

### **All fired up at becoming an alpha male? Great!**

Read on and know this... it's easy enough to ooze with enthusiasm and be an eager beaver about a new personal or professional venture. Sometimes, though, when these projects encounter some snags and success continues to hide, you may find it hard to stay all pumped-up. At the same time, you can't raise a white flag and give up. No way! Remember, those bumps along the way are your stepping-stones to success, which could be lurking just around the corner. So what do you do to keep the music playing? How do you keep the lights of passion glowing when the lights seem to be busting?

### Here's what you do:

- 1) **Get away from it all.** This may sound like it's going against the grain but it can really do you a lot of good to pull back for a week or two from whatever it is you may be working on. Your mind can be weird sometimes. It'll work in mysterious ways and function better when you're not consciously or deliberately trying to break through a wall of snags.
- 2) **Go for the Internet.** Dig in and do some research into how others have hurdled their own similar frustrations. Watch some videos of successful entrepreneurs. Their satisfaction, enjoyment and joy could motivate you into jumping right back into your own venture.
- 3) **Go look for somebody willing to be your mentor.** Usually, there is one among friends, family and relatives – such as an uncle or a wise family friend who's acquainted with the secret of success and willing to share it with you. You'll be amazed at how successful people are almost always eager to lend a hand. You'll simply have to shout out for help when things are getting rough.
- 4) **Scale down your goals.** Don't go telling yourself you'll make your first million in 6 months. Heck, unless you hit the Lotto Jackpot, that's like shooting for the stars. Be reasonable and bring down your figures or stretch the timeframe you've set for yourself to achieve something. Build your success with the concept of building blocks: one block at a time, one step at a time. Each time you hit a small goal is an affirmation of success, which will keep your passion burning.
- 5) **Forget your smart phone, your tablet and your email.** You'll be able to shake off the stress and become more focused on whatever it is you're trying to achieve if you don't try to respond to all the text messages and email immediately. Focus, after all, is really key to realizing your goals.

At the end of the day, do whatever it takes to keep your passion, or retrieve it if you've lost it. Remember what today's highly successful alpha men have to say about passion... Follow it. Success won't be far behind!

### To become an alpha male, you've got to get rid of your ATYCHIPHOBIA (that's fear of failure – another new word I had to look up in the dictionary)

Let's get down to the basics. Ask yourself the following questions. Your frank and honest answers will give you an indication whether or not you're suffering from this word I can't even pronounce (let's stick to "fear of failure"). But don't worry. A lot of us mortals will stumble and fall many times in our lifetime. Doors will get shut in our faces, and some girls, in their right senses, will turn us down. But first things first. The questions:

- 1) Do you like trying new things? Do you hesitate or avoid them, especially getting involved in challenging projects?
- 2) Do you usually say, "I'll never get on that debating team. I'm not smart enough." Does your low self-regard mean you're scared to ask the queen of the prom for a date, because you know she'll say no'?
- 3) Do you procrastinate often, have excessive anxiety and fail to follow through with goals?
- 4) Do you only do the things that you know will be completed successfully and without hitches?

I'm not going to belabor the point. We may or may not be suffering from these symptoms. What's key is that we recognize failure is a matter of perspective. We'll all meet up with failure at one point (or several points) in our life. We'll somehow say hello to it. The important thing is that we don't get to be too friendly with it and become "best friends forever!" Instead, say good-bye as quickly as you can!

Did you know that Michael Jordan, one of the best, one of the top basketball players of all time, was taken off his high school basketball team because the coach didn't think he had enough talent? Can you imagine what a stupendous loss it would have been for the NBA, nay, for the world, if Jordan had decided there and then to stop pursuing this sport he loves?

When you let failures stop you, you'll never know the opportunities you might have missed...

Here are some thoughts from great, successful men who have 'been there—done that' to help you overcome your fear of failure:

**Failure is Like Practice:** "I try to think of failure like exercise or practice. You're going to do things, and you're going to be terrible at first. The more you do it, the better you will get as time goes on. You will learn a lot if you look at failure as practice."

Henry Balanon  
Stratos, Inc.

**You Must Fail To Learn Success:** "Do something incorrectly. Make a mistake. Mess up. Then, learn from it. Don't run from the failure. Evaluate your shortcomings, and use that to propel yourself into your future endeavors. If you never fail, you will never know when you've reached true success."

Joe Apfelbaum  
Ajax Union

**So What If You Fail?:** "Most entrepreneurs are playing a high-risk game, so fear of failure comes with the territory. In the worst-case scenario, you fail, but so what? It will free up your time to work on your next business, and you will have more knowledge about starting and running a business. Just remember, fear makes you human, and when you hit rock bottom, there is nowhere to go but up."

Nikki Robinson  
Gloss and Glam

I've chosen to end this chapter with some inspiring thoughts from these highly successful alpha entrepreneurs. I feel that as you go through adopting the lessons I've lined-up for you, you may run into some problems. If, by some quirk, your passion to become an alpha male may waver, these inspiring insights should drive you back into what needs to be done.

## Chapter V

## JUST DO IT!

I'd like to think that at this point you've gotten a pretty good idea of what an alpha male is, and your passion that's driving your transformation into one continues to burn like a bonfire.

We've talked lengthily about how having an alpha male personality can boost your career or a business undertaking, which should eventually lead you to greater wealth. We've talked about how, with a better built-in confidence you can become 'the leader of the pack' and a social demi-god, and begin to earn the respect of people in the circles you move in. Even your mother-in-law should now see you in a different light as to think twice before dictating where the kids should go to school. Yes, make no mistake about it. You have the ability to bring out the inner alpha in you and start a life that's fulfilling and gratifying... a life according to your terms.

### The Alpha male and his women

But hey! Before we miss out on one of the most fun aspects of becoming an alpha male, let's talk some more about those can't-live-with-them, can't-live-without-them individuals... those nice-to-the-touch, sexy, attractive women, who naturally move with a sensuality that gets your testosterone exploding every which way like it was the 4<sup>th</sup> of July. They're also, almost always, the reason why you go to bed early... and then go home.

### Why most women prefer alpha males

Know and understand that, by nature, today's women continue to want their man to be strong and have the traits of a take-charge guy, a natural born leader. The elements that define him though are no longer brawn or brute force. Very few women like those. Instead, it's the alpha male's brains, social intelligence and rare talent for influencing others through intellectual persuasion that appeals to the greater majority of the opposite sex.

Some of the other reasons why women want alpha males for their partners are:

- 1) **It improves their stature in the community.** With the alpha male being looked up to, the woman he chooses as his mate is generally seen as someone special, a VIP. As such, she would be perceived as someone the hoi-polloi wouldn't be rubbing elbows with. She's generally respected and not unnecessarily bothered.
- 2) **Women are simply thrilled and excited to be with a man other women desire.** They not only take pride in their relationship with an alpha male, they also enjoy being envied by other women (they'll never admit it, so let's keep that between us).
- 3) **Women feel they would be defended by an alpha male in physical, emotional and intellectual terms.** People would tend to stay clear of you, not insult you or make threats with this alpha man by your side.
- 4) **In relative degrees an alpha male can provide the means (dollars or euros, in other words) to sustain or improve a woman's certain lifestyle, as our**

society expects him to. You've seen women hanging around basketball and tennis players, right? That's not so much because they're cute and adorable. Okay, that too but... these guys also just happen to make millions!

- 5) Finally, at the back of women's minds, they feel an alpha male's genes (with his smart mind, possibly good looks and fit body) can be passed on to their children.**

Now, don't all of these make sense? Of course they do! You and I see these happening in our midst all the time. And so.... why are we still sitting here on our fat asses? Back to the salt mines! We've got work to do.

### **Learning the right way of approaching women**

Unless you're the legendary Spanish lothario, Don Juan Tenorio, you'd probably feel that learning how to approach women is like pulling teeth, a daunting job. Well my friend, I have good news... it's not. It may seem so at first but as you practice this process of starting a conversation with a complete woman-stranger, and getting introductions that could lead to dating possibilities, it'll be a breeze... IF you know how. I've learned how to master the process during my transformation, and I'd like to share this with you.

### **How I used to be before becoming an alpha male**

There was a time when I'd shake like a leaf, deciding and not deciding to approach a pretty woman in a pub, in a party or in a park. In the end I'd simply forget the whole thing, rationalizing to myself and making up excuses like, "Oh, she's probably married already," or "She's not really all that good-looking," or "I'll bet she's haughty and snobbish!" In truth, I just didn't know what to say and I was so afraid I would get rejected.

### **Here's what I've learned from all those guys who are so into it, it's become a Friday and Saturday night staple for them.**

I've learned it's not about your opening line. It's not about what you say that matters. What matters are the way you carry yourself, the way you speak and the kind of body language you project.

The first thing that happens when you approach a girl for the first time is that she gets an instant impression of you. In that split second, if that impression turns out good... Hallelujah! You'll probably get a smile and an encouraging reaction. You'll know because you'll hear church bells ringing and angels singing! Seriously, what you say won't count much. However, if that impression is bad, she'll turn cold as ice, make out like a statue and completely ignore you.

### **So, what do you do to make a good first impression? Here are the techniques:**

- 1) When you approach a girl, make sure you've got a strong presence by taking on a confident, self-assured body language.** Hold your head up, get your shoulders to relax naturally, and walk directly to her with a straight body. Say something like, "Are you enjoying your drink?" or "How do you like the ambience of this place?"

She may think like you own the place and you're just wondering how customers are getting along. That's fine. It'll get the conversation going.

This is one of the most critical parts of learning how to get to know women and starting a conversation that could lead to storybook romances or some fun sexual dalliances. Whichever way it turns out, know that if you project a good image through an impressive, positive body language, there's very little chance of rejection. At the very least, even if she doesn't end up in your bed à la Linda Lovelace, you would have started a conversation.

**2) Know, understand and accept that rejection is no big deal.** So the girl, for some bizarre reason, snubs you. So what? What's the big deal? No sense being afraid of rejection, and you know why? Because it's not a rejection of you as a person. Heck, she doesn't know you from Adam. She has no idea who you, your family or friends are, and knows nothing about your personal background. So, why should it bother you? Look at it this way. She is rejecting the way you approached her. She's telling you there's something amiss with your body language, with the way you were dressed up that night or maybe the way you looked, drooling like mad over her sexiness, with your tongue hanging out. Take the rejection and learn from it. What did you do wrong? Were you nervous and trembling? Pull back, review what and how you did the approach, learn and improve.

**3) Practice makes perfect.** I know it's an overused cliché but it still works. If you really want to become an alpha male and learn how to approach women, you've got to practice.

You've got to approach them on a regular basis. This Friday or Saturday, before you go out, set a goal for yourself of approaching 3 women before you head for home. If you go out twice a week, that'll make 24 tries to start a conversation with women in a month. You've got to agree these are pretty good odds. You should come out on the winning side. Don't think and overanalyze this. Review the tips we've gone through and just do it!

### **And what do women themselves have to say about this whole business of them being approached, starting conversations and making introductions?**

If only to affirm what we have been advocating and practicing in becoming an alpha male personality, especially where it concerns women, we asked several of them, in a sort of a backyard survey, how they felt about it. Here's what they're saying:

"It's eye contact and a smile, for me. That will raise your chances of us getting into a conversation."

"Don't go for the your-place-or-my-place bit immediately. We're suspicious most of the time so make it a point to carry on a conversation before you jump into this. We get to be impressed if you're articulate and have an interest in getting to know us better. We're also more predisposed to saying YES if you're able to establish some level of comfort first. Get pushy and we walk away."

"Don't approach us if you're too nervous. It'll just make us uneasy. Show us some cool confidence. I find that appealing and attractive."

"The biggest turn-off for us girls is when you approach us while drunk."

“Don’t approach us and start off a conversation with a sexual spiel. Sure, we want to be noticed for our physical good looks but when you compliment only our body, we think it’s crude and lacks class.”

“I like it when a man comes in strong and oozing with confidence. And when he’s well-dressed ... wow! I usually get floored!”

In a nutshell, here’s what women are saying essentially, and this from a young, trendy, woman writer herself:

**“We like and appreciate a man who’s got enough confidence to approach us and yet humble enough to pay us compliments. You don’t have to be a Brad Pitt or a George Clooney or have a perfectly lean body and, certainly, you don’t need a list of pick up lines (we’ve heard them all before). Be assertive, not abrasive. Carry yourself well and be sure to make us feel good and special. We wouldn’t mind being extended with bits of kindness either.”**

So I’ve included how women themselves feel about being approached in a bar, a bookstore or any public place as hearing these women’s opinions directly might help boost your confidence. Essentially they’re saying it’s all about confidence. And hey, that’s what we’ve been talking about all along, right? So, two things I’d like you to remember:

- 1) Get going with your goal of approaching three women this Friday or Saturday when you go out; and
- 2) Don’t be afraid of rejection!

Just do it!

## Chapter VI

### Trying, Doing, Practicing, Improving and Winning

We’ve reached the final chapter of this e-book, but it’s not the end of the line. It’s not the parting of our ways. No. In fact, as the popular Richard and Karen Carpenter song of the 70’s goes, “We’ve Only Just Begun.”

But this is where, like most below-a-year-old babies go through, I’ll have to wean you out of my ‘breastfeeding’. I’ll have to pull you away from the comfort and safety of the crib and let you have a lot of fun – crawling, sitting, wobbling and even peeing in your diapers. YES. This is where you’ll have to go out, make out like Genghis Khan and conquer the world!

Now, don’t go being a worrywart on me. Just imagine all the loot and women Genghis Khan must have enjoyed while on a head-bashing, body-slashing, killing and conquering

binge! And you! You practically won't even lift a finger on this fun-filled venture of becoming an alpha male. Besides, serving like a mother's ever-reliable, you-can-count-on-my-help-anytime refuge, you'll have this e-book by your side.

### **Pushing on with the drive**

You've read this book thus far. I think it's safe to assume you've absorbed the real important things you'll need to work on to become an alpha male most women are attracted to and want (I harp on about women because, I've learned, they tend to get men's adrenaline pumping wildly in their pursuit of the alpha personality).

In any case, I've timed how long it takes to read this e-book. It takes less than an hour (unless you're the hunchback Quasimodo, who's presumed not to know how to read English). So if you need to go through it again just so you get a real good grasp of what needs to be done, along with the specifics, then go for it. After all, what's an hour compared to a new lifetime of enjoyable possibilities? Or you can download this and have it serve as your bible, something you can refer to when in doubt or when looking for some answers.

### **A brief summary of what you need to do**

I've summarized, for your easy guide, the really essential things you'll need to be immediately doing, and I've listed them in the order you should apply them.

- 1) You want to become an alpha male. You don't have to convince yourself. The fact that you've reach this point makes that pretty clear. Ergo... **Don't Let Go Of Your Passion. Keep It Burning Like Hell!** (I mean like the fires of hell). If you feel the 'rush' sort of slipping away, pull back and take a couple of days off. Relax. Then dig into the Internet and search the blogs of people who went through the same frustrations you're having and how these guys were able to hurdle them and become successful. They'll help to get you back on track and inspire you to move on. Or, putting it bluntly, as an in-your-face kind of motivation: think money. Think sexy, beautiful women. Think fun, respect and self-fulfillment. Chapter IV tackles some of the other support things you could do to keep your passion ablaze.
- 2) **Build Your Confidence. Believe In Yourself. You Are Unique. You Are Somebody Special. Most importantly, you deserve to have all the qualities of an alpha male!** Look back at the successes you've had in the past. Believe me, you've had some. No matter how big or small they were, remembering them will help build your confidence. And then get into a lot of practice approaching women. Three approaches every time you go out will do the trick. If you do this with the right body language, dressed confidently like a cool dude, and not looking like "The Walking Dead", those three approaches will lead, at least, to conversations, if not dates. The other means of strengthening your confidence may be found in Chapter III.



- 3) **Start becoming and looking like a leader.** This may not be as easy as it sounds, but begin to live an exemplary life. You'll have to be trustworthy to lead people and move about with honesty and integrity. You don't have to be a St. Peter or St. Paul, but you definitely can't go around betraying others for 30 pieces of silver. Do some exercises. Get rid of that beer belly and strive to look lean. You'll have a better-looking fit when you put on some decent and trendy (but not outlandish) clothes.
- 4) **After such a time, when you feel you might have gotten "into the groove" of becoming an alpha male, see how you're progressing.** Ask yourself these questions: Do I still panic in a crisis, or am I cool and collected? Do I still bully my office mates or am I being bullied and accepting it? Do I finger-point and blame others, or do I own up and take responsibility for my own mistakes? Do I apologize all the time? Do I still lie? Be honest and know the answers. They'll bring you nearer to what we're setting to achieve.

It might help to set down your own schedule for this process, a sort of a diarized grid. In my case, here's what I did and it worked wonders because I had a written document that reflected my progress. I used it until the day I felt and knew for sure that I had become an alpha male.

**Alpha Personality "how-am-I-progressing" grid** **As of : (date)**

**Goal**

**What to do**

**When & where to do**

**Results**

**What to do to Improve**

It's self-explanatory. It's simple. It's also pretty flexible. You can put in whatever suits you, as long as it's within the context of achieving a complete alpha male makeover. Do this on a weekly basis and you'll see how you're progressing.

Forget completion timeframes. Depending on your lifestyle, current profession, family and social commitments, these will vary from one person to another. What counts is that you've decided to do something about your life. So prime yourself up and create a mindset for growth and success.

### **The growth and success mindset**

This is a state of mind that believes intelligence is not inborn. It can be developed. It then leads to a keen longing to learn and a tendency to face challenges squarely, rather than shy away from them. A growth and success mindset, despite great hurdles, will persist and be relentless in what it wants to achieve. It's not bothered by criticism – in fact, it learns from it. Other people's success serves as an inspiration.

This is the kind of mind frame you should work on. Should you stumble on some of the things you need to do, don't regard it as a lack of ability. Use it instead as a starting point to try, experiment and test new ideas and new approaches. Always tell yourself, "It's Okay. So this one didn't work. I'll just have to get rid of this option and try the next one."

### **Take 2 for Nikki Robinson of Gloss and Glam**

I try not to repeat myself in my writings but, at this stage of the game, I feel re-producing this relevant quote from Nikki Robinson of Gloss and Glam "SO WHAT IF YOU FAIL?" is worth it. While it speaks of business, its context works just as well with our efforts towards becoming an alpha male.

"Most entrepreneurs are playing a high-risk game, so fear of failure comes with the territory. In the worst-case scenario, you fail, but so what? It will free up your time to work on your next business and you will have more knowledge about starting and running a business. Just remember: fear makes you human, and when you hit rock bottom, there is nowhere to go but up."

### **Get those negative thoughts out of the way**

There's nothing I'd like better than to have you guys succeed in this effort to become an alpha male. So, let me share with you some of the other things I did when I fell prey to negative thinking. When it came, it not only sucked out my energy, it blurred my vision. My alpha male friends, like knights in shining armor, came to my rescue and I did exactly what they suggested:

- 1) **I smiled.** Sounds crazy? I didn't do a lot of smiling then so I forced myself to face a mirror and I smiled. Guess what? I actually thought I looked good! I also felt good. A smile does help to change your mood and shake off stress. That's what it did for me.
- 2) **I extended a helping hand to complete strangers.** This shooed my focus away from me. I had some sandwiches made and gave these to a charity group in the neighborhood. It took my mind off some of the parts of the process I was

- working on and there was the feel-good factor of having done something for others.
- 3) **I listed down three things I should have been thankful for at the time.** It helps to appreciate what you already have. My list? My folks, my black Labrador and my health. I said to myself I was lucky to have these and I felt absolutely positive!
  - 4) **I went around with happy, positive people.** I phoned a couple of friends, shot some pool while they were giving me some friendly, loving criticism. I was free-falling on negativity and they helped put things in the right perspective.
  - 5) **And I sang!** Can you believe that? I sang an ancient song that I remember my mom loved singing, "Love Is A Many-Splendored Thing". Heck, I didn't know all the lyrics but I sang, or maybe just hummed, loudly all the same. And it felt good! The fact that none of the neighbors called the police to complain about disturbance of the peace was icing on the cake.

There's nothing I'd like better than to see you guys succeed in becoming an alpha male. This is the reason I've tried to prop you up for success with just about everything I know about transforming into a real man. Among most of us, I can't help but feel many could be missing out on some of the great things in life. When you make it as an alpha male, pay it forward and share your wisdom with the rest of the guys.

Me? I'm enjoying most of its perks now. I've got good investments that bring in more than enough greenbacks, a classy condo both in New York and San Francisco and a great-looking chick, who I really believe may be nuts about me. Of course, as you may now know, it is ungentlemanly to be kissing-and-talking about women.

I leave you with this quote shared among us attendees of a meditation seminar some time ago.

Watch your thoughts, they become words.  
 Watch your words, they become actions.  
 Watch your actions, they become habits.  
 Watch your habits, they become your character.  
 Watch your character, it becomes your destiny.

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## About The Author

Jett Miles used to be a beta male. He didn't like it. He developed himself to become an alpha male. He liked it a whole lot better. He liked it so much, he felt almost obligated to share what he has learned in transforming himself into a real man, with the rest of his fellow men. Thus, this e-book.

Jett took his courses at the University of California, Irvine (UCI) and Irvine Valley College (IVC). He attended classes with a great passion to learn about personal development and psychology. He has participated in various seminars on creativity, meditation, holistic leadership and success at all levels. He has learned not only from the context of these conferences and workshops, but from the people themselves: a Tibetan Buddhist monk, a young hot-shot techie from Silicon Valley and sharp corporate management wizards.

He continues to read books on human psychology, alpha ethology and just about anything and everything related to the dynamics of being a real man in today's world. He has traveled to places most men wouldn't even think about and moves in the company of fascinating men and beautiful women from different walks of life.

From all of these he has come out from the shell of a shy, almost introverted, young Californian, to a confident man living on his own terms and sharing what he knows about the amazing life of an alpha male.

## **Free “Confidence Quick Tips” Guide!**

“Hey all you alpha males! I’d like to give you the opportunity to be the FIRST to find out about my latest Alpha male tips, tricks, content, book releases and sales. Let’s become the ultimate alpha male... Together!”

– Jett

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