

alpha male traits

alpha male traits are often discussed in the context of leadership, confidence, and social dominance. These characteristics are traditionally associated with men who naturally take charge, inspire others, and exhibit a strong presence both socially and professionally. Understanding alpha male traits is valuable for recognizing qualities that contribute to personal success, influence, and respect. This article explores the essential traits that define an alpha male, how they manifest in behavior, and the impact they have on relationships and social dynamics. Additionally, it covers common misconceptions and the evolving definition of what it means to be an alpha male in modern society. The comprehensive overview aims to provide clarity on these traits and offer insights into developing such qualities effectively.

- Core Alpha Male Traits
- Psychological Characteristics of Alpha Males
- Social and Communication Skills
- Leadership and Influence
- Common Misconceptions About Alpha Males
- Developing Alpha Male Traits

Core Alpha Male Traits

At the foundation of alpha male traits are specific qualities that consistently define men who are seen as natural leaders or dominant figures in social groups. These core traits contribute to their ability to command respect and maintain influence.

Confidence

Confidence is arguably the most recognizable alpha male trait. It involves a firm belief in one's own abilities and decisions without arrogance. Alpha males exhibit self-assuredness in their actions and communication, which often inspires trust and admiration in others.

Assertiveness

Assertiveness allows alpha males to express their opinions and desires clearly and respectfully. This trait enables them to set boundaries and make decisions decisively, avoiding passivity or aggression, which are less effective in leadership roles.

Physical Presence

While physical appearance is not the sole determinant, alpha males often maintain a strong physical presence. This includes good posture, purposeful movements, and a demeanor that conveys strength and vitality, enhancing their overall influence.

Resilience

Resilience is the ability to recover quickly from setbacks and challenges. Alpha males demonstrate mental toughness and perseverance, enabling them to stay focused on their goals despite obstacles.

Emotional Control

Maintaining composure under pressure is a key alpha male trait. Emotional control helps in managing conflicts and making rational decisions without being overwhelmed by stress or impulsive reactions.

Psychological Characteristics of Alpha Males

The psychological makeup of alpha males includes traits that enable them to navigate complex social environments effectively and maintain their status.

High Self-Esteem

High self-esteem drives alpha males to approach challenges confidently and maintain a positive self-image. It is closely linked to their ability to influence others and lead with authority.

Decisiveness

Alpha males make decisions promptly and with conviction. This decisiveness is critical in leadership, as it fosters trust and provides clear direction to others.

Independence

Independence reflects the alpha male's preference for self-reliance and autonomy. This trait allows them to take initiative without excessive dependence on others, demonstrating strength and leadership capability.

Ambition

Ambition fuels the drive for success and continuous improvement. Alpha males set high goals and pursue them relentlessly, often inspiring those around them to strive for excellence as well.

Social and Communication Skills

Effective social and communication skills are essential components of alpha male traits, enabling these men to build strong relationships and exert influence.

Charisma

Charisma encompasses a compelling charm or appeal that attracts and influences others. Alpha males use charisma to engage people, build rapport, and inspire loyalty.

Active Listening

Contrary to stereotypes, alpha males excel at active listening. They pay attention to others' perspectives, which helps them respond thoughtfully and build meaningful connections.

Clear Communication

Clear and articulate communication is vital for expressing ideas and leading effectively. Alpha males convey their messages confidently and persuasively, minimizing misunderstandings.

Empathy

Empathy allows alpha males to understand and relate to the emotions of others. This emotional intelligence strengthens their interpersonal relationships and leadership effectiveness.

- Charismatic presence
- Effective listening skills
- Assertive yet respectful communication
- Understanding others' emotions

Leadership and Influence

Alpha male traits are closely linked to leadership abilities and the capacity to influence group dynamics positively.

Visionary Thinking

Alpha males often possess visionary thinking, enabling them to see the bigger picture and set strategic goals. This foresight helps in guiding teams and organizations toward success.

Responsibility

Taking responsibility for actions and outcomes is a hallmark of alpha males. They hold themselves accountable and inspire others to do the same, fostering a culture of trust.

Motivating Others

Alpha males motivate and empower those around them by recognizing strengths, providing encouragement, and setting high standards. Their leadership style often blends inspiration with practical guidance.

Conflict Resolution

Managing conflicts constructively is an essential alpha male trait. They approach disagreements with a calm and problem-solving mindset, aiming to find solutions that benefit the group.

Common Misconceptions About Alpha Males

There are many misconceptions surrounding alpha male traits, often fueled by stereotypes and media portrayals.

Alpha Males Are Aggressive

Contrary to popular belief, alpha males are not inherently aggressive or domineering. True alpha male traits involve assertiveness balanced with respect and emotional intelligence.

Alpha Males Are Always Extroverted

While many alpha males exhibit outgoing behavior, introverted individuals can also possess alpha traits such as confidence, decisiveness, and leadership without being overtly

extroverted.

Alpha Males Dominate Others

Effective alpha males lead by influence rather than domination. Their power comes from respect and the ability to inspire, not from controlling or overpowering others.

Developing Alpha Male Traits

Developing alpha male traits is a process that involves self-awareness, discipline, and continuous personal growth.

Building Confidence

Confidence can be developed through setting achievable goals, acquiring new skills, and practicing positive self-talk. Consistent effort leads to increased self-assurance over time.

Improving Communication Skills

Enhancing communication involves active listening, practicing clear expression, and learning to read social cues. Workshops, books, and feedback can aid in this development.

Practicing Emotional Intelligence

Emotional intelligence can be cultivated by becoming more aware of one's own emotions and those of others, practicing empathy, and managing reactions effectively.

Strengthening Resilience

Resilience grows through facing challenges, learning from failures, and maintaining a positive mindset. Developing coping strategies and stress management techniques is also beneficial.

1. Set specific personal development goals
2. Seek constructive feedback regularly
3. Engage in leadership and communication training
4. Adopt healthy lifestyle habits to support mental and physical strength

Frequently Asked Questions

What are the key traits of an alpha male?

Key traits of an alpha male typically include confidence, leadership ability, assertiveness, decisiveness, emotional resilience, and strong social skills.

How does an alpha male handle challenges?

An alpha male approaches challenges with confidence and determination, often taking the initiative to find solutions and maintaining composure under pressure.

Can anyone develop alpha male traits?

Yes, many alpha male traits such as confidence, communication skills, and leadership can be developed over time through practice, self-awareness, and personal growth.

What role does emotional intelligence play in alpha male behavior?

Emotional intelligence is crucial for an alpha male as it helps in understanding and managing emotions, fostering strong relationships, and leading effectively with empathy.

Are alpha male traits beneficial in professional settings?

Absolutely, traits like decisiveness, confidence, and strong leadership are highly valued in professional environments and can contribute to career success.

How do alpha males differ from beta males?

Alpha males are generally characterized by dominant, assertive, and confident behaviors, while beta males may be more passive, agreeable, and less inclined to take charge in social or professional situations.

Is being an alpha male always positive?

While alpha male traits can be advantageous, an excessive or toxic display of these traits, such as arrogance or aggression, can be harmful to relationships and social dynamics.

Additional Resources

1. *The Alpha Male Challenge: The 10-Week Plan to Burn Fat, Gain Muscle & Build True Alpha Attitude*

This book offers a comprehensive fitness and lifestyle plan aimed at developing both physical strength and mental toughness. It combines workout routines with nutritional guidance and motivational advice to help men embody confident, assertive alpha traits.

The author emphasizes discipline and consistency as keys to transforming into an alpha male.

2. *The Way of the Superior Man*

Written by David Deida, this book explores masculinity and personal growth from a spiritual and psychological perspective. It encourages men to live with purpose, embrace their natural strengths, and cultivate deep, meaningful relationships. The text blends practical advice with philosophical insights to help men become authentic and powerful leaders in their lives.

3. *Alpha Male Strategies: How to Dominate Life, Love & Business*

This guide focuses on practical tactics for success in various areas such as career, dating, and social dynamics. It teaches readers how to project confidence, communicate effectively, and take control of situations. The book aims to help men develop a commanding presence and influence over their environment.

4. *No More Mr. Nice Guy*

Dr. Robert Glover addresses the pitfalls of being overly agreeable and the importance of setting boundaries. The book helps men break free from approval-seeking behaviors and develop assertiveness and self-respect. It provides actionable steps to cultivate a balanced alpha personality that commands respect without aggression.

5. *King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine*

This work delves into the psychological archetypes that define mature masculinity. It guides readers through understanding and integrating these roles to achieve emotional balance and leadership qualities. The book is a blend of mythology, psychology, and practical wisdom for developing a well-rounded alpha male identity.

6. *The Rational Male*

Rollo Tomassi presents an analysis of male-female dynamics and social conditioning from a red pill perspective. The book encourages men to adopt a rational mindset, understand female psychology, and develop strategic thinking in relationships. It is popular among men looking to strengthen their confidence and social dominance.

7. *Iron John: A Book About Men*

Robert Bly explores masculinity through mythological stories and cultural analysis. The book highlights the journey of self-discovery and the embrace of primal male energy. It encourages men to reconnect with their inner strength and authentic nature to become true alpha figures.

8. *The 48 Laws of Power*

Although not exclusively about masculinity, this influential book by Robert Greene outlines strategies for gaining and maintaining power. Many alpha male readers find its lessons on influence, authority, and strategic thinking invaluable. The book offers historical examples and practical advice to master social hierarchies.

9. *Models: Attract Women Through Honesty*

Mark Manson advocates for genuine self-improvement and emotional honesty as the foundation of attraction. This book challenges traditional alpha stereotypes and emphasizes vulnerability, confidence, and integrity. It provides a modern approach to becoming an attractive and respected man without resorting to manipulation.

Alpha Male Traits

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alpha male traits: Alpha Male SelfHelpstar Media, 2015-09-02 Form good habits and your best version with Alpha Male Habits: 20 Most Powerful Alpha Male Habits In all, this book is a wonderful exploration of the alpha male psyche. It's a great reading resource for anyone wishing to take a look at how alpha males push their way to the top and for those aspiring to be alpha males themselves. Many, if not all, men aspire to become an alpha male. For the fact is, being an alpha male represents the best a man can be both in his professional and personal life. From a zoological perspective, the alpha male is the leader of a group of animals of the same species. His tasks include being the leader in the hunting process, protecting his offspring and female sexual mates from external threats, as well as guiding the group in its daily dynamics. In the animal kingdom, ascending to become an alpha male often involves intense power play and violence. And once such a status has been reached, the work in ensuring the title remains with the alpha male. It's not an easy process. The same is true with human dynamics, albeit violence is certainly left out of the equation. For a person to become an alpha male, it is necessary that he not only be able to display superior skills in his chosen field, but must also be the embodiment of a number of essential traits that would set him apart from the rest of the male population. On this end, this book explores the 20 most powerful traits that must be possessed by an alpha male. It is a comprehensive look at the most critical aspects of the alpha male psyche. It seeks to shed light on the inner workings of the alpha male mind, his disposition, as well as his overall external demeanor and countenance. The traits enumerated in this book are classified according to their usefulness. There are, for example, traits that are clearly useful in asserting your alpha male dominance in the workplace. These traits are vital in underscoring an alpha male's ardent devotion to excellence, exemplary work ethics, and ability to deliver beyond what is expected of him. Also enumerated in this book are alpha male traits that become apparent in social situations. Alpha males are not just all about business and dressing up. For the most part, being an alpha male requires the need to be able to communicate well and connect to other people. And since part of being an alpha male is being part of a social group, it becomes imperative for any alpha male worth his salt to develop excellent social skills. And finally, this book also expounds on the traits that define the alpha male's perception of himself and the world at large. This is crucial because it is exactly their mentality and way of looking at things that make alpha males different from the rest of the male population. What makes them do what they do? How do they view their place in the world? What keeps them going? Want to be seen as a leader? Want to be seen as confident? In Control? And completely at ease with the man you are? Forget all the self-help books...it's all in the eyes, my friend. Science has shown that the eyes actually are the gateway to the soul. When looking at someone deep in their eyes, you see that person's true character. Their soul, if you will. By Mastering the Art of Eye Contact, you will be able to harness this scientific fact. You can use it for good or evil. But one thing is certain. You will have everyone around you responding differently. You will be on track to Unleashing Your Alpha! Look, very few men consciously think about their eye contact or educate themselves on dominant, powerful, masculine non-verbal communication. Just knowing this stuff puts you at an advantage to be Alpha.

alpha male traits: 24 TRAITS OF AN ALPHA MALE HardeepCoder, 2019-08-05 Alpha is the gender archetype for the male. Alpha is masculinity. Masculinity is defined by the male's focus, passion, and intensity in love, health, and finance. alpha is synonymous with high value for the male.

alpha male traits: *The Alpha Male System* Charlie Valentino, 2012-11-23 In the days of the metro sexual, men with alpha male traits, qualities, mannerisms and body language are becoming rarer and increasingly more sought after. The Alpha Male System by Charlie Valentino focuses on eight fundamental alpha male elements which are visible as well as desirable in all leaders of men, which women also happen to crave in abundance. Not only that, but those rare alpha male characteristics are also highly valued in the workplace. Those few alpha males who can lead people, command respect and change the dynamic, simply by walking into a room, have all the luck. Or is it luck? Discover the eight alpha male elements which will change your life along with detailed plans to attain them. Learn the distinct alpha male body language, surprisingly easy to master, which can transform the way you feel and the way people view you. Becoming an alpha male is possible for most men, as long as you're willing to put in a little effort. This detailed alpha male guide is all you need to attain those distinctive and popular traits common only to alpha males.

alpha male traits: *The Perfect Guide to Become an Alpha Male* Lisa Martin, 2025-08-16 How to Become an Alpha Male: Unlock Your True Potential Are you ready to step up, take control of your life, and unleash the confident, powerful version of yourself that's been waiting inside? How to Become an Alpha Male is your practical guide to understanding and embodying the traits of a true leader. This book will help you shift your mindset, build unshakable confidence, and take action toward becoming the man you've always wanted to be. Inside, you'll discover: □ Who is not an alpha male—and the habits holding you back. □ What defines a true alpha male—beyond stereotypes and myths. □ The key characteristics of alpha males that attract respect, success, and admiration. □ Why becoming an alpha male matters for your career, relationships, and personal growth. □ Step-by-step strategies to develop discipline, leadership, and confidence. This book isn't about following rigid rules—it's about unlocking your natural potential. You'll learn how to adopt the mindset of a winner, overcome self-doubt, and take consistent action to transform your life. If you're serious about becoming stronger, more focused, and more respected—this guide will show you the way. But remember: an alpha male doesn't just read—he acts. □ Are you ready to lead, succeed, and live with purpose? Click "Buy Now" to begin your journey to becoming an Alpha Male today.

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alpha male traits: *10 Steps to Becoming an Alpha Male* Giovanni Dangel, 2016-12-07 Most people drift through life with no idea of what they would like to do. They wake up in a morning and go to bed at night without any direction. These are the beta and omega males, these are the people who end up flipping burgers at McDonald's. As well as ending up in an unfulfilling job, if you don't know what it is you want from life, it will come across in your thoughts, actions, and demeanor. If you don't have a purpose in life then you will know just how difficult life can be when you don't know where you are going. But you can easily start living your life with purpose straight away Alpha males are few; that's why you won't find more than one alpha male in a group. Any growing or nomadic males that are interested in taking over an animal group will have to face the Alpha to a fight, one on one, for the position in the animal pack. This doesn't mean that he's the only male in the group;

the other males (beta males) are simply submissive to the overpowering presence of the alpha male and don't challenge his domain as a result. Most females of an animal species prefer an 'alpha type' male males that exhibit certain characteristics that prove he's not only strong but smart and protective enough to keep their group safe. Human females are no different; on some base level, most women are attracted to the types of men that exhibit the same features as an Alpha in a pride of lions. Having the ability to have offspring with an 'alpha' that is strong, smart, and quick are all desirable traits to have in a lion cub, and just like the lionesses in the pride, human women also locate men, 'alpha men', that exhibit the same sort of qualities to not only protect their children but also pass on those traits through the generations.

alpha male traits: Alpha Male Vincent Almers, 2020-03-23 If you want to be an alpha male, you have to think like an alpha male. I know this sounds like I am stating the obvious, but it is important that you understand that certain traits and behavior trigger an alpha male image that women love. Alpha males typically attract more women. So how can you become more like an alpha male? The following topics will be discussed in this book: The mistakes men make when dating women. How you can make her chase you instead of the other way around. Ways to perceive a woman's thoughts. How to impress women (and how NOT to impress them). Tips for online dating, which has made the world more complicated. What turns girls off and what does not turn them off. How the biology of attraction really works. The main reason why we want to be wanted by others. And there are so many other things you can learn from this guide that can help you along the way to conquer a woman's heart. Don't wait and get the advice you need. Get this book now!

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deserve to know everything...Chapter 1: Who is an Alpha Male?11 Alpha Male TraitsChapter 2: How to be an Alpha Male?7 Steps How to be an Alpha MaleChapter 3: Beta Male Traits You Must Avoid.....5 Traits of a Beta MaleChapter 4: How to Attract Women.....DO: Things You Should Practice Regularly.....DON'T: Things You Should NOT DoChapter 5: Communicate Like an Alpha Male.....The Tone of Your Voice.....How People Communicate.....What Makes the Tone of the Alpha Male.....How to Behave like an Alpha Male.....Verbal Language Tips.....Body Language TipsChapter 6: Act like an Alpha Male.....How to Stand like an Alpha Male.....How to Walk like an Alpha Male.....How to Sit like an Alpha Male.....How to Look at People like an Alpha Male.....How to Behave Around Women like an Alpha MaleChapter 7: Groom and Dress like an Alpha Male.....Chapter 8: Alpha Male Affirmations.....Alpha Male Affirmations.....Negative AffirmationsChapter 9: The Laws of an Alpha Male.....14 Laws of Alpha Males Everything is in this book! Becoming an Alpha Male has never been this easy. Remember: ANYONE can be an Alpha Male. They just need the right tools. This book, my friend, will be your tool. Get a copy and reinvent yourself now!

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alpha male traits: Alpha Male for Novices Paulo Andy, 2021-03-17 You know the story: the Alpha Male gets the job, the Alpha Male has all the friends, the Alpha Male gets all the attention, and, the Alpha Male gets the girl. This is great if you're the Alpha Male - the women, the mates, the life -To put it concisely - an alpha male is a man wanting to have a more dominant role in various situations of life. But, it won't be wrong to say that the definition of alpha male is quite subjective. Some might say that alpha males don't care about others. Here's the truth, yes! They are dominant, have the capacity to impose their will, have access to both men and women, but that's because they are positive, compassionate, caring, charismatic and know how to take charge of things. Wow! What a guy! Loved and respected by one and all, men and women alike. Haven't we heard ourselves, saying this (Maybe not vocally!) So, what are the qualities of an alpha male that make him class apart from other men? I am sure you also have this question in your mind? Sure as a guy, you would want to have that stature, don't you? How about we quickly list out everything that'll lay down a roadmap on how to become an alpha male? We'll let you in on some of the most common alpha male characteristics which will help you gain a more respected and more dominant stance in the society. If you are new to the concept, worry not! Much before delving into these alpha male traits, we'll take you through the very basics and of course, there is no end. Being an Alpha Male is important not just to gain the attention of the fairer sex but do attain a more dominant stance in society. It certainly doesn't mean that you should impose yourself on others or look down upon others. No! It is about becoming a positive force to be reckoned with. When you become an alpha male you become a positive force who people would want to be associated with. Get your Copy Today by Scrolling up and Clicking Buy Now to get your Copy Now

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can't change that. Wrong. So 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.) these character traits proliferate. However, it wasn't until I started Un-Learning, that I truly became the well-rounded confident man I am today. Free and Fulfilled in ways you can't currently imagine. But You Will Be Able to Soon... Here's What You'll Learn... What is an Alpha Male? A Modern Perspective The Psychology of the Alpha How Society Encourages Man-Children What Does True Confidence Look Like? Grounded: Finding Your Strength Women: Bringing Out the Masculine Energy Killing Your Father: Becoming the Man Leading Your Tribe: Where it All Started How to Instantly Increase Your Confidence And Much, Much More! Download Now! The principles you will learn in this book are VERY powerful! When properly and consistently implemented. I've seen some of the most Beta guys turn their entire life around in no time. This is very potent stuff, but it requires an action taker to make it work. As the saying goes, I can only show you the door. You have to walk through it. Download Now and Awaken the Alpha in You!

alpha male traits: Alpha Male Trevor Berrison, Have you ever wondered what it means to be an alpha male? The term is often mentioned, but what does it truly signify? Why do some men naturally command attention when they walk into a room, even if they aren't the most conventionally attractive? What is this "charisma" everyone talks about? Don't worry, we'll explore these questions and more in this book. The concept of alpha is closely tied to power—whether that power is within society, a group, or as an individual. You've probably encountered men who naturally take the lead in social situations. These men, regardless of their physical appearance, are often recognized as alpha males. They come in various shapes and sizes, but two key traits are consistently observed in all alphas: Alpha males are always first in line – Alpha males have a unique way of staying in the spotlight. They don't rely on excessive humor, loud behavior, or flashy antics to gain attention. Instead, they know when and how to assert themselves. Alpha males naturally command power without seeking it; they receive it almost effortlessly.

alpha male traits: Alpha Male Syndrome Kate Ludeman, Eddie Erlandson, 2006-10-10 The business world swarms with alpha males—powerhouses who take charge, produce astonishing results, and bring enormous value to their organizations. But many alphas also leave a path of destruction in their wake. Competitive, belligerent, and impatient, these hard-charging leaders can run roughshod over colleagues and employees, to the detriment of their careers and the bottom line. In Alpha Male Syndrome, Kate Ludeman and Eddie Erlandson build on their Harvard Business Review article "Coaching the Alpha Male"—sounding a wake-up call to all alphas and the companies they work for. The authors show alphas how to leverage their unique strengths while confronting their destructive "flip side risks." They describe the distinguishing dynamics of the alpha male syndrome and identify four breeds: commanders, executors, strategists, and visionaries. By understanding each type's nuances, alphas can transform themselves into more effective leaders. And those who work with alphas can transform nightmare work groups into collaborative dream teams. Exercises, checklists, and tips enable readers to harness the enormous power of the alpha personality while minimizing the downsides of alpha behavior.

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alpha male traits: Becoming The Alpha Male Sophie Carlotta, 2022-02-27 ☐ Become the man that others look up to, the man everyone wants to be around, the man women want to be with, and the man who gets what he wants ☐ If you, like many others, are not winning big in life. If you feel like often you need to accept the leftovers. If you run through feelings of inadequacy and struggle and you often get to be a second-best to some Men. If you're willing to change your destiny but don't know where to start...if you wish you had a clear guide to help you become a better you, become a Real Alpha... then this book is for you. Some men just seem to have it all, always perfectly dressed, know what to say and how to say it, great in dating and with women, charming, magnetic, successful in business and life. Those are the Real Alpha Males. But is it by luck? Not at all. Real Alphas are not born as such but their personas are instead the results of a progressive, disciplined, and continuous self-improvement journey. So how can you get on this journey and become you too a Real Alpha?

This Guide has got you fully covered! It will explain exactly what you need to do to become a Real Alpha and thrive in every aspect of your life! Here is a tiny fraction of what you will discover: □How to develop your confidence and live confidently □Body Language and verbal tips to look more confident □Become a pick-up and dating lion and get the woman of your dreams □How to communicate and converse so others will listen, no matter who you're speaking with □The key Alpha Male traits and how to develop them □How to work on your mindset to become a winner in all you do □The habits you should develop to become a Real Alpha, leader and create the life of your dream □How to become naturally awesome, charming, and charismatic □BONUS CHAPTER: The Alpha Male Checklist And much more! Join the thousands of people of any background, leaders, politicians, and many more who are benefitting from this knowledge in their daily life! Anybody can do it. The learnings of this book are derived from several years of on-field experience. This information has worked wonders for all my private clients. And I believe it can help you too. Becoming an Alpha means extracting and amplifying the full potential and great virtue that is within you. Are you ready to become the best version of yourself and achieve your dreams? Simply click the buy button on this page to get started!

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understand the alpha male psychology and behavioral traits. There are several ways you become the alpha male... Some people are groomed from a very early age who end up imitating the dominant parental figure (not always a male) who also exhibits some or most of the characteristics described in this book. A life-altering event occurred to you that caused a deep chasm in your soul. This resulted in you not giving a dam about the rest of the world. To others, you may exhibit some of the characteristics of the alpha male however underneath the surface you are likely lacking the core fundamentals that allow you to gain success as the alpha male in all aspects of life. Alternatively, you may be a beta male who wishes to elevate his status through the acquisition of knowledge. This is where this story comes into play. Let's dive deep and dissect what makes up the alpha male...

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