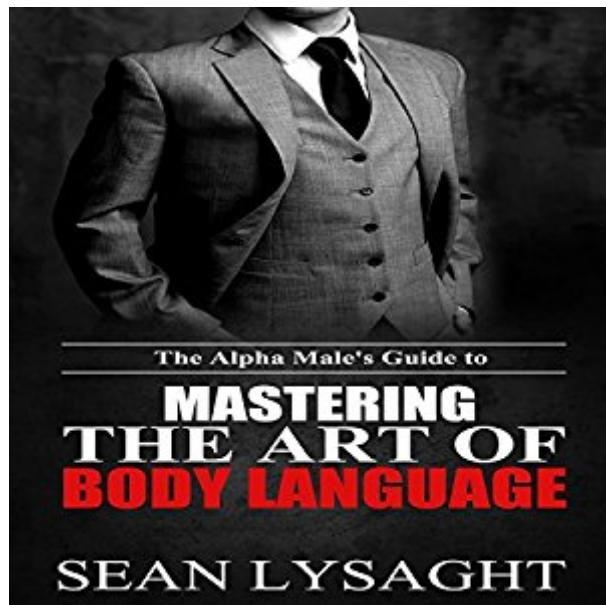


The book was found

# The Alpha Male's Guide To Mastering The Art Of Body Language



## Synopsis

Warning! What you are about to learn will change the way women look at you, how people treat you, and will skyrocket your confidence levels! It seems so simple. You want confidence. You want respect. You want to be an alpha male. So you read up on all the self-help pap on how to improve yourself. But, you still feel weak and depressed.... Unfortunately, a mere intellectual understanding of confidence, charisma, and the alpha male is not enough. You must first embody the presence of the alpha male. You must master the art of body language! Here are a few ways body language will improve your life: Instantly feel better about yourself People will look and react towards you differently You will get more respect You will ooze masculinity You will feel more confident Women will find you more attractive Sound like something you'd be interested in? What you will learn in this book... The alpha male mindset and how to get it The importance of dominance Body position as approval seeking Mirroring: how you unconsciously lower your status Confidence: a bodily expression first The mind-body connection: an eternal braid Authentic movement: not holding anything back How the alpha male walks Traumatic events and their effect on body language How to increase confidence in one movement The alpha male stance Body language to attract women And much, much more.... I went from a state of pure self-doubt. I suffered social anxiety for years. But then I mastered the art of body language. Suddenly, my life changed. It was like a switch flipped in my head. Women started responding to me more positively. Male peers started to respect me. And best of all, I felt enlivened with a sense of purpose and a steady state of confidence!

## Book Information

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## Customer Reviews

The poor grammar and the lack of proper punctuation make it difficult to read. I guess you don't get much of a proof reader at \$.99 a copy. The content is amateurish at best. I would describe this book as "Tool-ish". Like something you would get free with a Charles Atlas body building guide, ordered from the back of Capt Crunch cereal.

Body language is very important part of being successful person. Most people don't master this fantastic skill. Being positive in life is another thing the author suggests because it shines through and other people pick up on that. Even though this is geared towards men women can defiantly benefit from reading this. The various topics help aid the transformation of a better you.

This is definitely a different kind of guide on body language. Sean Lysaght introduces you to the First Alpha and the its nature of habits. He also tells you how the body is the mind and how you can use it to get the Alpha Male mindset. How you need to be dominant and never seeking approval from other people neither comparing yourself to others. The Author does suggest you think positive and confident and always stay calm and see the funny side of things. He also offers who the steps of how a Alpha Male should sit, stand and walk for eg. to fake it till you make it and that he promises all the girls will look at you differently. Personally as a woman, if you as a man think the suggestions within this book will make a girl notice you, good luck with that.

Although I just got this book, I was compelled to leave a review. I'm only 40% in (Using my Kindle iPhone App) but once you know, you know. The writing style initially sounded a bit 'amateurish' but once you get into it, it was exactly what the doctored ordered. I was so glad to find out that this was not some 'PUA' manual. This book talks about confidence but touches on the subject of 'Self Esteem' which is the root of everything. It's all about having a strong Self Esteem and that should be the source of where your actions come from. Unfortunately, PUA guys lack that immensely and later if backfires on them. I know because I use to be one of them. If you are looking to improve yourself in a genuine way, you will find some awesome tips in this book. Highly recommended.

amazing book. really taught me all i needed to know to be the alpha male. Thanks Sean. i feel more confident now. this is definitely a different kind of body language. amazing results so far. i would recommend this book.

Body language has a lot to do with how people perceive us men as well as it impacts our confidence

and personality in the process. It is but right to master our body language skills as often as we can. This book can serve as a guide for mastering body language. This book is a short and quick read, but it is packed with information regarding body language and alpha males. It also talks how to develop the mindset of the alpha male and how you can develop (as well as fix) your body language skills. I would have wanted a longer read, but due to my time constraint at work, this book suited me well.

Master Body Language is such an important skill that I completely underestimated until I read this book. The chapter that really resonated with me was on having that alpha mindset. At the start of this year I went to a seminar on the body language with a world class teacher, and the author did a great job of presenting the information here.

This book was so informative that it was a little scary. Some people would say that it looks like you have become arrogant about the way you show yourself. Believe it or not that's confidence at its highest level. At work management has even noticed a change in the level of confidence that I show. Wow it feels good.

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