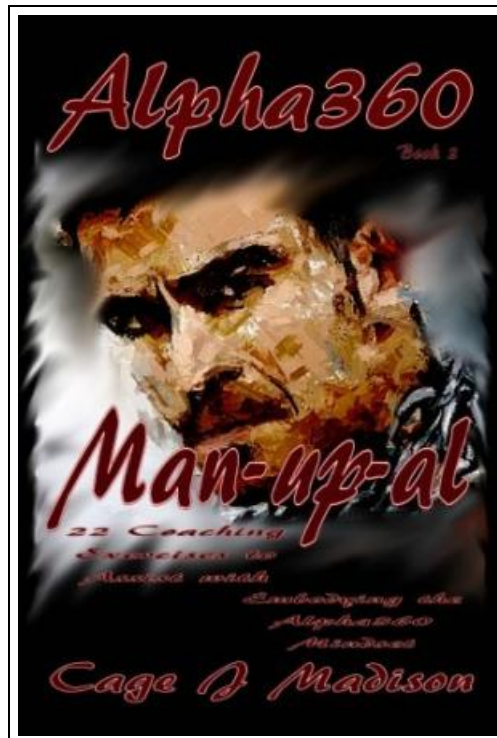


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Reviews




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ALPHA360: MAN-UP-AL: 22 COACHING EXERCISES TO ASSIST WITH EMBODYING THE ALPHA360 MINDSET (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. R J Derby (illustrator). Large Print. Language: English . Brand New Book ***** Print on Demand *****.THE SECOND VOLUME OF CAGE J MADISON S BREAK THROUGH EVOLUTIONAL THEORY!! Grab your copy of Cage J Madison s Alpha360: Man-Up-Al. 22 Coaching Exercises to Assist with Embodying the Alpha360 Mindset! The author believes, as men, we live in a busy and often at times a very confusing world. Responsibilities and events tend to overcrowd our personal lives, demanding so much of our time and attention. The result of all these events and responsibilities is that we become easily stressed out almost to the point where we feel as if we might be stepping a little too close to the edge and losing control over our life. Madison himself says: We begin to lose the confidence in ourselves to find a way to change our situations, and in no time at all, we wake up one morning and discover our personal happiness has died. We have fallen to the bottom, smashed through the rock and landed in the sluggish mess below that is deemed depression. Alpha360: Man-Up-Al. 22 Coaching Exercises to Assist with Embodying the Alpha360 Mindset. If you have read the first volume of Madison s Alpha360 series (Alpha360: An Evolutional Journey for the Modern Man) if you have taken the first step to begin your journey. If you re searching for improved balance, more enjoyment, and even meaning to your life, then this Alpha360: Man-Up-Al is for you. The Alpha360: Man-up-al was designed with those men in mind who wish to coach themselves through this journey. It is a virtual coach to release the Alpha360 within you. This manual was not designed to cause your head to start flipping out like...

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