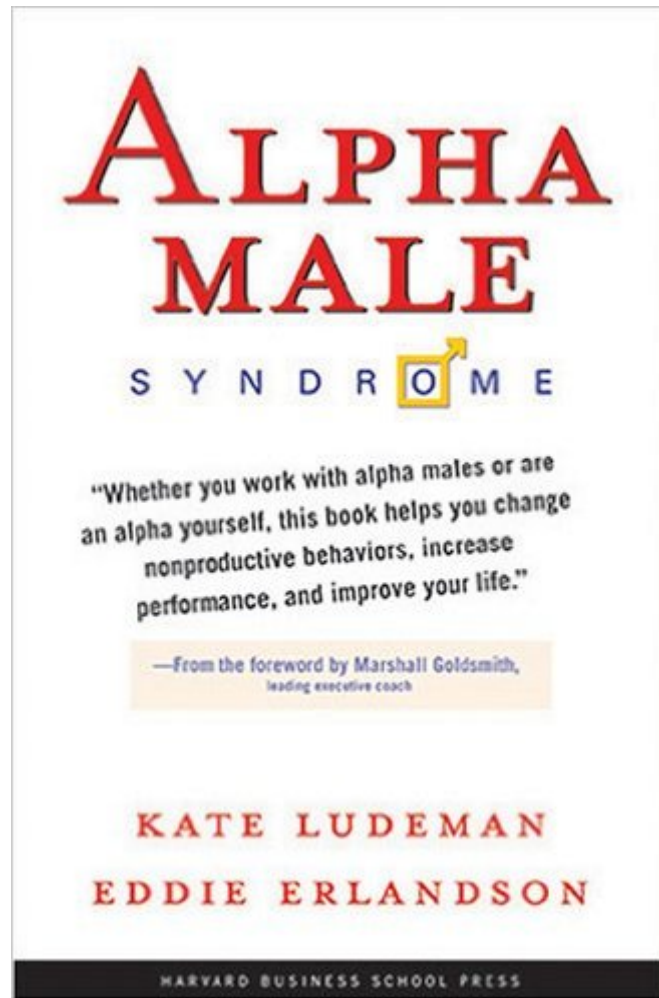


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# Alpha Male Syndrome



## Synopsis

Alpha Male Syndrome describes the distinguishing dynamics of the alpha male syndrome and identify four breeds: commanders; executors; strategists; and, visionaries. Exercises, checklists, and tips enable readers to harness the enormous power of the alpha personality while minimising the downsides of alpha behavior. --This text refers to an alternate Hardcover edition.

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #6,199,122 in Books (See Top 100 in Books) #49 inÂ Books > Business & Money > Business Culture > Fashion & Image #1344 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #28794 inÂ Books > Business & Money > Management & Leadership > Leadership

## Customer Reviews

This is a book that would have benefitted me greatly had I had it during my Enron years... Alpha Male Syndrome by Kate Ludeman and Eddie Erlandson. It would have helped me deal with a majority of the management there...Contents: Alpha Male Syndrome; The Variety of Alpha Males; The Alpha Commander; The Alpha Visionary; The Alpha Strategist; The Alpha Executor; The Alpha Male Team; The Care and Feeding of the Alpha Male; Coaching for Alphas; Sample Alpha Assessment Report; The Alpha Scale; Notes; Index; About the AuthorsMany people have heard the term "Alpha Male" in the business world... They are the dominating leaders who have charisma and produce results. And on the positive side, the alpha traits of the commander/visionary/strategist/executor can be a boon to your business. But with the strengths of each of those roles come a number of risks. Ludeman and Erlandson break down the traits of each alpha style in a clear and consistent fashion, and then proceed to speak to each of those personas with practical ideas on how they can capitalize on the strengths and minimize the risks. There is also an analysis of how each style plays out in the "alpha triangle", the interplay between villain,

victim, and hero. The alpha and their coworkers each show up in the triangle, and often the players shift between roles with each situation. If you're \*not\* the alpha, you'll start to understand how to deal with each of those personality types, which might make the difference between your survival or burnout on the job. Oh, and women? You can be an alpha too. You show it differently, but you still have the same risks to manage...When I worked at Enron Broadband, management was rife with all these types.

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