

what is an alpha male

what is an alpha male is a question often asked in discussions about social dynamics, leadership, and personality traits. The term "alpha male" originates from animal behavior studies, referring to the dominant male in a social group. In human contexts, it has evolved to describe men who exhibit confidence, assertiveness, and leadership qualities. Understanding what is an alpha male involves exploring psychological characteristics, social behaviors, and cultural influences that shape this concept. This article delves into the definition, traits, misconceptions, and the role of alpha males in modern society. Additionally, it examines how the idea of an alpha male impacts interpersonal relationships and personal development.

- Definition and Origin of the Alpha Male Concept
- Key Characteristics of an Alpha Male
- Common Misconceptions About Alpha Males
- The Role of Alpha Males in Social and Professional Settings
- How the Concept of Alpha Male Has Evolved
- Impact of Alpha Male Traits on Personal Relationships

Definition and Origin of the Alpha Male Concept

The concept of what is an alpha male originally stems from ethology, the scientific study of animal behavior. In many animal species, the alpha male is the highest-ranking male within a social group,

often enjoying priority access to resources and mates. This concept was popularized in the mid-20th century through observations of wolves and primates, where dominance hierarchies were evident. In humans, the term has been adapted to describe men who exhibit leadership and dominance in social or professional environments. However, the human interpretation of the alpha male goes beyond mere physical dominance, encompassing psychological and social attributes.

Historical Background

The term "alpha male" was first used in the context of wolf pack behavior studies in the 1940s and 1950s. Early researchers believed that alpha wolves achieved their status through aggression and dominance. Later studies revealed that wolf packs typically consist of family units led by breeding pairs, and the idea of a constant power struggle was oversimplified. Despite this, the alpha male concept persisted and was applied metaphorically to human social structures.

Human Adaptation of the Term

In human society, what is an alpha male has come to signify more nuanced qualities such as confidence, charisma, and emotional intelligence. Unlike animals, human dominance is often established through social influence rather than physical strength alone. The alpha male archetype is frequently associated with leadership roles, success, and the ability to inspire and motivate others.

Key Characteristics of an Alpha Male

Identifying what is an alpha male requires examining the traits and behaviors that define this archetype. Alpha males are typically characterized by a combination of interpersonal skills, mental resilience, and a commanding presence. These qualities enable them to lead effectively and maintain influence within their social circles.

Confidence and Self-Assurance

One of the most prominent traits of an alpha male is unwavering confidence. This self-assurance allows them to approach challenges head-on and inspires trust and respect from others. They believe in their abilities and are not easily swayed by doubt or criticism.

Leadership and Decision-Making

Alpha males often take on leadership roles due to their decisiveness and ability to strategize. They are comfortable making tough decisions and are accountable for the outcomes. Their leadership style is typically assertive but can also be inclusive and empathetic.

Emotional Intelligence

Contrary to some stereotypes, alpha males tend to possess high emotional intelligence. They understand and manage their emotions effectively and can read the emotions of others, facilitating better communication and conflict resolution.

Physical Presence and Communication

Body language plays a significant role in what is an alpha male. They often exhibit strong posture, maintain eye contact, and use clear, confident speech. These nonverbal cues reinforce their dominance and influence in social interactions.

Resilience and Ambition

Alpha males demonstrate resilience in the face of adversity and maintain a strong drive to achieve their goals. Their ambition pushes them to continuously improve and strive for success in various areas of life.

- Confidence and self-assurance
- Leadership and decision-making skills
- High emotional intelligence
- Strong physical presence and communication
- Resilience and ambition

Common Misconceptions About Alpha Males

Misunderstandings about what is an alpha male are widespread, often fueled by media portrayals and cultural stereotypes. These misconceptions can distort the true nature of alpha males and overlook the complexity of human social dynamics.

Alpha Males Are Aggressive and Domineering

A common myth is that alpha males are always aggressive, controlling, and dismissive of others' opinions. In reality, healthy alpha males balance assertiveness with respect and empathy, avoiding unnecessary conflict or intimidation.

Alpha Males Are Only Focused on Physical Strength

While physical presence can be a factor, what is an alpha male in modern contexts emphasizes mental strength, emotional control, and social skills over brute force or intimidation.

Alpha Males Do Not Show Vulnerability

Another misconception is that alpha males are emotionally stoic and never show vulnerability.

Authentic alpha males recognize the importance of emotional openness and vulnerability as a strength rather than a weakness.

Alpha Males Are Narcissistic

Not all alpha males are narcissistic or self-centered. Many possess genuine confidence without veering into arrogance, and they often prioritize the well-being of their group or community.

The Role of Alpha Males in Social and Professional Settings

Understanding what is an alpha male involves recognizing their influence in various environments, including social groups and workplaces. Alpha males often emerge as leaders and key decision-makers due to their ability to inspire and organize others.

Leadership in the Workplace

In professional settings, alpha males frequently take on leadership roles such as managers, executives, or team leaders. Their decisiveness, confidence, and communication skills enable them to drive projects forward and motivate teams efficiently.

Social Influence and Networking

Alpha males tend to have strong social networks and are often central figures in social groups. Their charisma and interpersonal skills allow them to build connections and influence others positively.

Conflict Resolution

Because of their emotional intelligence, alpha males are often effective mediators in conflicts. They can calmly assess situations, listen to multiple perspectives, and find solutions that satisfy all parties involved.

How the Concept of Alpha Male Has Evolved

The understanding of what is an alpha male has significantly evolved over time, especially as societal values shift towards inclusivity, emotional intelligence, and cooperation. The traditional view of alpha males as purely dominant and aggressive has given way to a more balanced and nuanced perspective.

From Dominance to Leadership

The modern alpha male is less about exerting power over others and more about leading with integrity and respect. Leadership qualities such as empathy, collaboration, and ethical behavior are now seen as essential components of alpha male behavior.

Influence of Cultural and Social Changes

Changing gender roles and increased awareness of mental health have influenced the redefinition of alpha males. Society increasingly values emotional openness and vulnerability alongside strength and confidence.

Alpha Male in the Digital Age

With the rise of social media and digital communication, the traits that define an alpha male have expanded to include digital presence, online influence, and adaptability to new forms of social

interaction.

Impact of Alpha Male Traits on Personal Relationships

The traits associated with what is an alpha male can significantly affect personal relationships, including friendships, romantic partnerships, and family dynamics. Understanding these impacts helps clarify the role alpha males play in interpersonal contexts.

Positive Effects

Alpha males often provide stability, protection, and guidance in relationships. Their confidence and decisiveness can foster trust and security among partners and friends.

Challenges and Considerations

However, if alpha traits are expressed without balance, they can lead to dominance or control issues. It is important for alpha males to cultivate empathy and open communication to maintain healthy and mutually respectful relationships.

Balancing Strength and Sensitivity

The most effective alpha males are those who balance their assertiveness with sensitivity to others' needs and emotions, creating harmonious and supportive personal connections.

Frequently Asked Questions

What does the term 'alpha male' mean?

An 'alpha male' refers to a man who is perceived as confident, assertive, and a natural leader, often dominating social or professional groups.

Is the concept of an alpha male based on science or stereotypes?

The concept of an alpha male originated from animal behavior studies but has been largely oversimplified and stereotyped when applied to humans, often ignoring the complexity of human social dynamics.

What are common traits associated with an alpha male?

Common traits include confidence, decisiveness, leadership ability, assertiveness, and sometimes competitiveness or charisma.

Can being an alpha male have negative connotations?

Yes, sometimes the term 'alpha male' is associated with toxic masculinity, aggression, or dominance that disregards empathy and cooperation.

How does the idea of an alpha male differ across cultures?

Different cultures may value varying traits in men; while assertiveness might be admired in some cultures, others may prioritize humility and community, affecting how the alpha male concept is perceived.

Is it necessary to be an alpha male to be successful in life?

No, success does not require fitting the alpha male archetype; qualities like emotional intelligence, collaboration, and adaptability are equally important for personal and professional achievement.

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 program designed to help men develop physical strength and confidence. It combines workout routines with mental strategies to cultivate an alpha mindset. Readers learn how to improve their health while adopting leadership qualities that define an alpha male.

2. *The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire*

David Deida explores the concept of masculinity and how men can embrace their true nature as alpha males. The book discusses balancing personal growth, relationships, and career ambitions with authenticity and purpose. It serves as a guide for men seeking deeper understanding and mastery of their masculine energy.

3. *Alpha Male Strategies: How to Dominate Life and Become a Better Man*

This book breaks down the traits and behaviors that characterize alpha males, providing actionable advice on developing leadership, confidence, and social skills. It emphasizes self-discipline and emotional control as keys to personal success. The author also shares tips on dating and professional life to help men rise to the top in various arenas.

4. *The Art of Manliness: Classic Skills and Manners for the Modern Man*

A practical guide that revives traditional masculine virtues and skills, this book encourages men to embrace responsibility, integrity, and courage. It covers a broad range of topics from etiquette to fitness, helping men cultivate an alpha presence. The focus is on becoming a well-rounded and respected individual in today's world.

5. *Alpha Male Nation: How to Become the Leader You Were Meant to Be*

Focusing on leadership and influence, this book outlines how men can harness their inner alpha to inspire and lead others effectively. It explores psychological principles and real-world examples to teach dominance without aggression. Readers gain insights on communication, confidence, and building strong social networks.

6. *Unleash the Alpha Within: Mastering Confidence, Power, and Charisma*

This guide helps men unlock their potential by developing confidence and personal power. It provides strategies for overcoming fear, improving body language, and communicating assertively. The book also delves into charisma-building techniques to enhance interpersonal relationships and social standing.

7. *The Alpha Male Blueprint: Proven Tactics to Attract Women, Build Wealth, and Gain Respect*

A holistic approach to becoming an alpha male, this book covers dating, career advancement, and self-improvement. It offers step-by-step methods to increase attractiveness, financial success, and social influence. The author emphasizes mindset shifts and practical habits that lead to long-term dominance.

8. *Alpha Mindset: The Psychology of Power, Confidence, and Success*

This book explores the mental frameworks that distinguish alpha males from others. It discusses cognitive techniques to develop resilience, focus, and assertiveness. Readers learn how to reprogram limiting beliefs and adopt a winning mentality that drives achievement in all areas of life.

9. *Raising an Alpha Male: A Parent's Guide to Raising Confident and Resilient Boys*

Targeted at parents, this book offers advice on nurturing qualities associated with alpha males in young boys. It highlights the importance of discipline, emotional intelligence, and leadership from an early age. The guide provides practical tips to help boys grow into strong, capable men with a healthy sense of self.

What Is An Alpha Male

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what is an alpha male: 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.

what is an alpha male: Alpha Male Tomas Martin, 2015-11-19 When you are talking about powerful men who have the ability to command attention and respect out of everyone in any room he walks in to, you are talking about the powers of an alpha male. This man is in the top of the social hierarchy, which entitles them to more power, higher earning potential, and a wider selection of possible mates. There are some men who resort to tactics that are used by wild animals to get what they want. These men will use their physical prowess to intimidate their opponent in order to get them to back down. If their opposition doesn't back down, they will not hesitate to use force in order to show their dominance. Because humans have evolved from this way of acting, modern alpha males can react accordingly and still get the respect they deserve. Now you may be asking yourself how you can become an alpha male, if you aren't one already. Or, you may be asking yourself how you can solidify your role as an alpha male in your group. This book will help you understand what exactly it means to be an alpha male. We will teach you things like: What is an alpha male and what it takes to be one Top characteristics that found in the typical alpha male Stereotypes associated with being an alpha that should be avoided Signs that let you know you just are not alpha male material Examples of alpha males throughout history Lessons you can learn from modern, successful alphas Learn how to master the body language of an alpha How to act like an alpha with the ladies What characteristics to look for in a woman Rules of dating now that you achieved alpha status Steps to take in order to be the alpha in the work place Getting Your FREE Bonus Read this book to the end and see BONUS: Your FREE Gift chapter after the introduction and conclusion.

what is an alpha male: Alpha Male Tevor Berrison, 2019-08-09 In this guide, you'll learn about the various traits of the alpha male. You'll learn how to flirt with the ladies without even doing anything, without coming across as desperate or needy, and to have them completely ignore your looks. If you stick through this book, you will learn the best ways to handle the female attraction factor and appear more self-confident, which is one of the things all women are looking for. Understand what the difference is between a dominant alpha male and a pushy jerk. There really is a difference. Also, you'll get to know yourself better by questioning certain habits you've acquired, the best body language, take the right risks, approach women in a more effective way, and learn the difference between being indifferent and ignorant. Come to understand the different types of alpha males: Intellectual, military, businessman, etc. There are so many things you need to know that I recommend you begin reading this book right now!

what is an alpha male: Alpha Male Steve Dean, 2021-02-02 Do you want to develop a charismatic personality to dominate your life like a true Alpha Male to the Success to the Wealth and Freedom? If yes, then keep reading... One of the best things that you can do with texting is to raise the mutual attraction that you have with this woman. Of course, you are already interested in her, that is why you are looking to begin texting her in the manner in the first place. Now the hard part comes of raising the attraction that she has in you. If you are both getting along well and things are progressing, it is a good idea to use some texting in order to increase this attraction and get to an even deeper level in the relationship. Here are some ways that you will be able to raise the mutual attraction and make the relationship mean more to the both of you. One way that you will be able to raise the mutual attraction that the both of you have is to keep the conversation playful and adventurous. Sure you can have a few conversations asking when she would like to meet up or asking how her day has been, but when it comes time to make the texting work for you in

progressing the relationship (which we know you want at this point right?), you need to be able to make it fun and exciting for the both of you. Sorry to say, no woman is going to fall in love with a guy who is bad at conversation or who makes it really boring to talk to them because you do not know how to text. Keeping it playful and a bit adventurous is going to make it more fun and will progress the relationship to the point you both want. Here are some of the steps that you can take in order to make your date texting better for the both of you: Be bold and playful-this might be difficult in the beginning, but after getting more used to your partner you will find that this is easier to do. You will be teetering on the edge of being cocky while still funny, making her laugh in the process and having some fun. You should have a playful banter that goes back and forth and is a little bit silly to make the both of you laugh and feel like you are connecting on a deeper level. Do not become needy-sometimes it is easy to just bug your partner and make them feel like you have nothing else to do with your day then to text them nonstop. While it is great that you have an interest in talking with them and finding out how they are doing, you need to share some time telling them some of the things that you have done. Instead of just asking them what they are doing all of the time, add in what you are doing. Say something like I am at the store getting some groceries, how about you? Keep most texting brief-there will be times when the two of you might spend all day talking together and sharing secrets with each other, but this does not have to be every day. There will be times, especially in the beginning, when you just share a few quick texts and that will be enough. You do not want to start off too intensely when the relationship is new. This book gives a comprehensive guide on the following: What is an alpha male? A modern perspective How to take control of your attention How posture affects your physical and mental health The psychology of the alpha Ditch the friend zone and get her to crave for you Why equality is bulls**t, and why you shouldn't compete with men Alpha males have supreme confidence and security in themselves How to exude confidence Developing your physical appearance How you should dress How to approach women without being creepy How to break the ice with girls Charisma is king Self confidence strategy - rock your body How to create an intriguing conversation out of thin air AND MORE!! What are you waiting for? Click buy now!!

what is an alpha male: Alpha Male SelfHelpstar Media, 2015-09-02 Form good habits and your best version with Alpha Male Habits: 20 Most Powerful Alpha Male HabitsIn 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.

what is an alpha male: *How to Be an Alpha Male* Kyle Ren, 2016-01-02 So you want to be an alpha male? Top dog, ruler of the animal kingdom! Of course you do... Everyone wants to be the alpha male. Everyone wants to aspire to that degree of greatness. Don't be fooled into thinking an alpha male conspires and/or tricks. An alpha male is genuine and has strong morals and values. An alpha male is able to control and lead by example. An alpha male is someone that everyone wants to be. So why not you? Read this book today, and you will see what I am talking about. This book discusses the origin of the alpha male, characteristics of an alpha male, mistakes men make on their journey to becoming an alpha male, and so much more. Here are a few more of the topics covered in this book. * The definition of an alpha male * Why women love alpha males * How alpha males succeed in life * Not to care what others think * Not to seek approval * Ways not to be an alpha male * Characteristics of an alpha male * 50 rules of an alpha male * Methods of communication * Examples of how to be an alpha male * A how to section * Issues/mistakes men make Do those topics intrigue you? Are you excited to start this new journey with me? Read this book now! I promise you will become the ultimate alpha male in a matter of time. You just need confidence and dedication. Becoming an alpha male takes a little bit of work, but it pays off. Trust me... So what are you waiting for? Start the journey today!

what is an alpha male: *ALPHA MALE the 7 Laws of POWER* Sean Wayne, 2021-10-10
□ DISCOVER THE SECRETS OF POWERFUL MEN and BECOME YOU ...THAT POWERFUL MAN□
Men are often left wondering how Alpha Males have made everyone else their subjects because decisions always favor them while others bear the brunt of those decisions. There are just some Men who exude Power wherever they go without even trying, and you have often wonder why people, including you, are always trying to please them. They could basically repeat an idea that you raised that was shut down and get promoted. If the desire to feel powerful like Alpha Males is burning in you, Alpha Male: the 7 Laws of Power is the answer you need. Alpha Males are not powerful because of their families, and they were not born with it. Their Power lies in their knowledge. ♦ If you want to become an Alpha Male, you must be ready to work for it. The only way for a Man to harness Power is by learning how to do it and practicing it. ♦ Understand the different Laws of Power and learn practical and effective ways that you can use to harness various forms it has and use them when the need arises. Here are some of the things you will find in this book: □ The importance of having Power as an Alpha Male and why all Men should control themselves and influence others. □ How to use the most potent weapon that is available to every Man. □ How to train your mind to think like a successful Man rather than focusing on your limitations. □ Understand what it means to be an Alpha Male and the traits you should develop to become one. □ The principles of Power and how you can channel those principles into your daily life. □ The mindset and psychology of Alpha Men that help them to achieve success. □ How to become a master at analyzing people by understanding subtle and non-subtle cues that people show. □ Proven mental techniques that a Man can learn to exert influence. □ The importance of establishing and maintaining relationships that can increase

your influence. □ The effect of abusing Power. □ Become a powerful Alpha Male that is respected in relationships, workplaces, and society. □ The benefits of being powerful and how Power can impact and influence a Man to have the life of his dreams. ... and Much More! ♦ Power is not only available to presidents and kings; we all have the potential to become powerful. However, it could remain a potential if you do not develop it. ♦ All you need to become a powerful Alpha Male is to tap into the presently dormant potential within you. ♦ The knowledge you need to become a powerful Alpha Male is finally within reach and written inside Alpha Male: the 7 Laws of Power. Display the Power you have within and watch how your experiences will change. □ You have the Power to change the world around you and become the Man of your dreams, a Powerful ALPHA MAN □

what is an alpha male: 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.

what is an alpha male: 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.

what is an alpha male: How to Become an Alpha Male Charles Sledge, 2017-06 Much has been written about becoming an alpha male most of it is regurgitated nonsense and yet still many males obsess over this concept. What does it mean to be an alpha male and (more importantly) how can I become one so that I can reap all of the benefits that I hear so much about. That men will respect me, girls will want me, and overall I'll be a dominant leader. While the word alpha male means different things to different people it always conjures up the same idea. The man who is the head of the pack, that men respect and women want. A man that put bluntly we'd all like to be a little more of. While we all agree on the concept of an alpha male most go wrong with their application. They go wrong because they fail to understand that becoming an alpha male is a biological process. They say be confident or think of yourself more and boom you'll be an alpha male that's reaping all the rewards. But it's not that simple like I said becoming an alpha male is a biological process not

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