



## **Taming Your Alpha Bitch: How to be Fierce and Feminine (and Get Everything You Want!)**

*Rebecca Grado , Christy Whitman*

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In many areas women have earned the equality we've been fighting for. We've broken through glass ceilings and achieved great success. We've shown that we can prosper by our own means. And we've become influential, respected leaders. Yet many of us find ourselves unhappy, anxious, overwhelmed. Where's the pot of gold at the end of our "I can do it just like a man" rainbow?

The problem is that while we can be as successful as a man, we don't get there through a masculine approach. Being a "damsel in distress" is not the way to make your dreams come true, but neither is being the hyper-aggressive Alpha Bitch.

In this *New York Times* bestselling book, transformation leaders Christy Whitman and Rebecca Grado reveal how when women try to claim power through a "forceful take no prisoners" approach it ultimately works against us and undermines our best efforts to create the life of our dreams. In fact, wielding Alpha Bitch force is ironically disempowering, because it introduces conflict, struggle, and competition into our personal and professional relationships, blocking women from creating the life we desire.

How do you change from being a controlling, competitive, and disruptive Alpha Bitch to being an Empowered Female who is allowing, collaborative, and balanced? Enter the Laws of the Universe:

- The Law of Attraction
- The Law of Allowing
- The Law of Pure Potentiality
- The Law of Oneness
- The Law of Balance and Harmony
- The Law of Sufficiency and Abundance

*Taming the Alpha Bitch* will show you how to use these laws to create freedom, joy, and abundance in your life. By using this knowledge, you put yourself in the ideal position for attracting those things you want with ease and effortlessness, not struggle and pain.

## **Taming Your Alpha Bitch: How to be Fierce and Feminine (and Get Everything You Want!) Details**

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## **From Reader Review Taming Your Alpha Bitch: How to be Fierce and Feminine (and Get Everything You Want!) for online ebook**

### **Elizabeth says**

I didn't like it. I'm sure its a great book for someone but it just wasn't what I was looking for.

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### **Mimi says**

The book became very repetitive, which made it boring after 50 pages. The bottom line is have common sense.

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### **Staci says**

I could not even finish this book. A) I wanted a book talking about how to be more feminine in this seemingly post-feminist world where women have earned the right to be strong and independent but have somehow simultaneously scared away all the men; this book is not that. B) It's not that well-written. You can tell this just by flipping through the book: it's got a larger font and bigger spacing than normal because it's clearly trying to fill up space but doesn't actually have enough to say to do it. Furthermore, it has these side bubbles that repeatedly show up but don't have any nuggets of wisdom like you'd expect, in fact they repeat some nearby sentence or two WORD FOR WORD. There are other books out there about being feminine, I can't say how good they are but I would say don't waste your money on this.

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### **Miranda Moberg Diaz says**

This one had so much potential but really lacked substance. I found this read to be short, flat and hokey, and reading it almost made me want to be more of an alpha bitch. Most of the advice was the stereotypical female stuff--do yoga, take a bath, drink tea, be nicer, go on a goddess retreat...and they make the claim that the universe is filled with abundant resources and if we wait calmly and patiently enough good things are just bound to happen. Some of the examples cited were completely ridiculous and the same tired mantras were repeated on almost every page.

It's a good idea, as I think all female leaders need a little advice on being more balanced in being strong and assertive. This book was just filled with terrible execution. Save your time.

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### **Candice Laidlow says**

couldn't finish it

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### **Ana says**

this book is verry good. i like the way it is written. it's a pretty good book overall. :)

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### **Joanne says**

This looks fun - one year my New Year's resolution was to be the gentler Joanne - maybe the Alpha Witch needs taming! If she goes, I will miss her!

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### **Caryn says**

Ok, for the disclaimer, my mom gave me this to read (hm, did she mean anything by it??? rawr! hiss!)

I didn't get much out of this, but only because I have been moving in this direction already. I would have been moved more if I had read it 5-10 years ago.

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### **Betty says**

I have many many books, but the best ones I eagerly wait for are the ones spirit drops at my feet. This happened when a friend Rebecca Grado unexpectedly offered me a copy of her book. *Taming Your Alpha Bitch. How to be Fierce AND Feminine (and get everything you want)* by Rebecca Grado and Christy Whitman ...Ladies this book is for you! If you're truly ready to step into your feminine power and apply it to every area of your life, e.g. Career, Family, Relationships, Friendships and more...than tame down your alpha bitchness( we know who we are :-D) and step into your true authentic power with this book.

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### **Cw says**

I applaud the authors for their insight that women have been denying their innate femininity in a quest to secure all the privileges men have enjoyed in the corporate world. Women have been suffering from both physical and emotion setbacks from the misguided attempt to act like a man. Their book was well written, engrossing, and funny. Great book!!!!

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## Gail says

Upon spotting a picture of some female celebutante reading “Taming Your Alpha Bitch” and falling head over heel for the stiletto cover art, I purchased a copy. I’m not sure whether it was because I’d just read Mindy Kaling’s amusing “Is Everyone Hanging Out Without Me?” and a collection of Jhumpa Lahiri’s powerful short stories back-to-back (it was apparently female Indian-American author week), but I thought I was in for a series of funny tales of modern womanhood. Instead, I unwittingly delved into my first self-help book. I realized my mistake when the fabulous satirical punchline I eagerly anticipated didn’t materialize on the second page. Refusing to let Amazon pocket my \$9.84, I resolved to withhold judgment. Like Britney Spears’s teenage chastity vow, it didn’t last long. About three minutes later I turned to my husband and announced, “This may be the single most sexist document I’ve ever read.” Now, keep in mind that I once scanned a summary of arguments cited in opposition to the Nineteenth Amendment, including that giving women the right to vote would unfairly advantage married men (you know, by giving them two votes). After finishing the book, I can say I’m doubly shocked. First, it is indeed terribly, inexcusably sexist as well as totally out there in a sort of new-agey, clean-hippie fashion. Second, my self found it helpful anyway.

Whitman and Grado write, “[M]ore and more of us are approaching our education, our careers, and even our love lives with [a] harsh ‘pit bull’ kind of attitude.” They describe this “masculine tactic” as “action-oriented, externally focused, and domineering” while the “softer, feminine nature” with which we need to reconnect “is inwardly centered, being-oriented, collaborative, and cocreative.” According to the authors, women must turn away from “[m]asculine energies such as assertiveness, control, and tenacity,” and toward “the feminine energies such as trust, surrender, and faith,” assessing “a situation [not] from the standpoint of ‘What’s in it for me?’ . . . [but] from the standpoint of ‘How can I serve?’” After all, they soothingly coo, this “tough-girl routine is only a facade that we use to hide our insecurities and camouflage our inner doubts.”

Let’s suspend disbelief (and outrage) for a moment and turn to the specifics. The authors identify four types of “Alpha Bitch” and then describe how each type interacts in public, in the workplace, in her marriage, as a mother, and as a friend. “The Forceful Alpha uses bullying and intimidation, the Controlling Alpha becomes overbearing and micromanaging, the Competitive Alpha can be relentless and underhanded, and the Disruptive Alpha resorts to attention-seeking behaviors.” I readily admit that I fit each of these molds in numerous ways; but in many respects, not so much (e.g., I do “motor[] down the aisles [of the grocery store], unconcerned that [I’m] plowing over others’ toes,” but I don’t steamroll my husband and his restaurant suggestions). In the workplace, however, I commit pretty much all of the enumerated sins. I refuse to lavish praise on “good tries” in order to foster creativity (preferring to maintain high expectations), assert my opinions relentlessly and without apology, aspire to be at least as good as the best performers, and call attention to my achievements. According to Whitman and Grado, this means I “throw [my] weight around like a man.”

Stating that this “behavior[ is] always triggered by the . . . perception that there are simply not enough love, attention, money, or other resources to go around,” they recommend we pitbulls instead “place . . . faith in a force greater than ourselves to coordinate the events of our lives. Instead of feeling that we alone must work to fulfill our dreams, we can . . . choos[e] to really feel []our desire as already attained” and then “sit back and watch the magic unfold with the help of the universe.” To which I respond, in the deafening, drawn-out collective bellow of a thousand drunken college football fans contesting a referee’s release of the yellow flag, “BUUUUUUUULLSHIT! BUUUUUUUULLSHIT! BUUUUUUUULLSHIT!”

More specifically, I identify two large, stinking piles of excrement produced by male bovine animals. First, why would any of this behavior be okay for men but not for women? The only evidence offered to support a

distinction is a biological imperative for men to behave like hunters and women like gatherers. Like the six-dollar Whole Foods cheese I can get at Target for two, I just don't buy it. I believe that the failings discussed and lessons proffered apply to any "Alpha" person, regardless of gender. Unfortunately, that change alone wouldn't redeem the book. The second lump of doodoo reeks of petula oil. Resources are scarce despite all the warm, fuzzy new-age speak to the contrary, particularly in the workplace. Both men and women believe that "if we're going to get anywhere in this world, we had better learn how to throw our weight around," because under Whitman and Grado's definitions of "throwing" and "weight," it's largely true.

With those humongous caveats registered, however, I did find value in the book. Perhaps it's because I can use their assistance becoming a "Femininely Empowered Woman," or maybe, as my bridesmaid-turned-editor posited, "these fools were just rambling about a lot of shit and happened to say a few useful things simply by virtue of the fact that they wrote 200 pages." I'm horrified to admit I lean toward the former explanation after distilling mumbo jumbo like "become skilled in the art of attuning our thoughts and emotions with the universal laws that govern manifestation" into Whitman and Grado's baseline recommendations for Alphas: "surrender . . . addiction to control," "[v]iew[] others not as threats but as sources of inspiration," "let[] go of drama," and "focus on what we can give, rather than on what we can take." A handful of their specific assertions also resonated with my omnipresent desire to become a better relative and friend:

- "[T]ry not to jump to conclusions. Ask yourself if there is another way to look at the situation, or a logical reason for the other person's behavior."
- "When we find ourselves slipping into disrespectful . . . behaviors, we must learn to take this as a sign that we are feeling underappreciated and undernourished, and in desperate need of our own attention."
- When you start to manage others' actions, thinking you're being helpful, you actually send the message: "You are incompetent and untrustworthy; therefore, I must take control."

As I attempted to separate the book's wheat from the monstrous amount of chaff, distill it, and tentatively sip the vodka (don't worry, Celiacs can drink metaphorical grain alcohol), I tried a little experiment. Before reading the book, I left the house every weekday at 8:45 and walked to the gym, arriving precisely at 9:00 when the daycare opens. I hired a babysitter two mornings a week, starting at 9:45. Now there's no way in "h" "e" double hockey stick that I would pay someone to sit around and wait for me. Thus, I used to exercise until precisely 9:35, collect the kids, and j-walk (or, in reality, j-run) in order to return home in time; breathless and stressed, but on time. After reading "Taming Your Alpha Bitch," I asked the babysitter to come at 10:00. I now stop and wait at each light. Whitman and Grado can't convince me that relaxing and letting the universe (a.k.a. the Seattle Department of Transportation Traffic Management Signal Operations Group) determine how quickly I walk gets me home just as fast. It doesn't. But, like the eight dollar Whole Foods cheese that goes unrivaled at Target, I'm willing to pay for something that makes my life a little more pleasant.

I feel compelled, however, not to "end on a pro" as veterans of sorority rush say. Let there be no mistake: this self-help book dressed up in sexy garb is 5% helpful, 5% harmless but annoying new-age speak, and 90% reprehensible sexist bullshit.

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**Mary says**

Taming Your Alpha Bitch, by Rebecca Grado and Christy Whitman, reinforces what we've known for decades, ladies. Every advancement we've made, every step towards equality in the work force, in politics, even at home, have been hard-fought and well-earned; sometimes at the expense of our emotional and physical well-being.

All too often, our accomplishments leave us with that "glass half-empty" feeling, and we end up pushing too hard, along with assuming the Alpha Bitch mindset which, ironically, takes away our power rather than enriching it.

Enter Taming Your Alpha Bitch!

Whether you're a Forceful, Controlling, Competitive, or Disruptive Alpha, you'll find wonderfully detailed questions and answers to assist you in identifying your particular type in order to soften and improve your approach to life. Helpful Tips on dealing with work, home, or your partner are placed in each chapter along with easy-to-follow exercises.

You can even download a free meditation guide on the website: <http://tamingyouralphabitch.com/homep...>

If you find yourself barking up the wrong tree, Taming Your Alpha Bitch will teach you how to Wag more and bark less.

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