

Do you always strive to be more, to be enough? Yet overwhelmed, and exhausted... You may be an Alpha Female.

The Alpha Female does it all. She has the perfect on paper life and runs from task to task, leaving a string of successes wherever she's been. It takes a lot to slow down an Alpha but it is necessary for health, happiness, and home life.

STORY IDEAS

From Drive to Thrive

Go from externally driven to internally peaceful!

The Alpha Epidemic

The addiction to being distracted and how to turn your quirks into colors.

Controlling the Conversations in Your Head

Learn what you need to Unlearn and cancel the comparative narrative.

Why Progress, Not Perfection

What most Alpha's don't know about perfection.

It's OK to Do Nothing - Permission Granted

From FOMO to 'JOMO' and how to 'Ground your Grace'.

Peaceful Parenting 101

Hold space, look up to your youngers, and let the child unfold.

MEDIA HOOKS

- Up Next - Did you say 'I Do' when you had a feeling of 'I Don't'
- From 'Why to Wow' - The key to eliminating drama from your life
- Learn How to Workout Without Moving
- Turn Your Quirks Into Colors
- Learn How to Be Your Own Guru
- Alpha and Autoimmune
- The Aging Alpha
- Why Selfcare is Healthcare



Lindy Lewis

3x Author, Speaker, Coach



TESTIMONIALS

"This is a very valuable and readable book. It will be life-changing to those who take its message to heart and practice the Ah-Ha suggestions Lindy shares"

- Dr. Foster Cline
Author, Love and Logic

"This book is a testament to the value of slowing down so the body can heal and restore."

- Tiffany Cruikshank
Founder, Yoga Medicine

"I wish I had this book 35 years ago as I worked and mentored many alpha-females during my career."

- Dr. Sue Weitz
VP of Student Life at
Gonzaga University



Get Certain About Uncertainty

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