

(Free pdf) Alpha Male Syndrome

## Alpha Male Syndrome

*Kate Ludeman, Eddie Erlandson*  
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# ALPHA MALE

S Y N D R O M E

"Whether you work with alpha males or are an alpha yourself, this book helps you change nonproductive behaviors, increase performance, and improve your life."

—From the foreword by Marshall Goldsmith

KATE LUDEMAN  
EDDIE ERLANDSON

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#526822 in eBooks 2006-10-10 2006-10-10 File Name: B000SEFII2 | File size: 68.Mb

**Kate Ludeman, Eddie Erlandson : Alpha Male Syndrome** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Alpha Male Syndrome:

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By Wingo The book is well worth a read especially when dealing with alpha males in the workplace. But for

those of us who also have these traits it offers insight into how to overcome negative outcomes.

The business world swarms with alpha males—powerhouses who take charge, produce astonishing results, and bring enormous value to their organizations. But many alphas also leave a path of destruction in their wake. Competitive, belligerent, and impatient, these hard-charging leaders can run roughshod over colleagues and employees, to the detriment of their careers and the bottom line. In *Alpha Male Syndrome*, Kate Ludeman and Eddie Erlandson build on their Harvard Business Review article “Coaching the Alpha Male”—sounding a wake-up call to all alphas and the companies they work for. The authors show alphas how to leverage their unique strengths while confronting their destructive “flip side risks.” They describe the distinguishing dynamics of the alpha male syndrome and identify four breeds: commanders, executors, strategists, and visionaries. By understanding each type’s nuances, alphas can transform themselves into more effective leaders. And those who work with alphas can transform nightmare work groups into collaborative dream teams. Exercises, checklists, and tips enable readers to harness the enormous power of the alpha personality while minimizing the downsides of alpha behavior.