



The Alpha Woman Meets Her Match: How Today's Strong Women Can Find Love and Happiness Without Settling

Sonya Rhodes, Susan Schneider

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Relationship therapist Sonya Rhodes's liberating, straight-talking guide convincingly argues that successful modern women--the audience who embraced *Lean In*--can find the right guy without having to change or settle, and tells them how to do it.

In the twenty-first century, women are outpacing men in education and career advancement. Yet amazingly, successful women constantly hear that their professional achievements doom their chances of marriage and family.

*Don't believe the alarmist hype, advises top relationship therapist Dr. Sonya Rhodes. Today's Alpha women--ambitious, self-assured, and hardworking-- aren't going to end up lonely spinsters. They don't have to settle for Mr. Good Enough. Echoing Sheryl Sandberg's powerful message, *The Alpha Woman Meets Her Match* shares the secret necessary to triumph in love and work: find the right partner. It can be done--and Dr. Rhodes has the tools to help.*

Going beyond value judgments associated with the terms Alpha and Beta, she advises women to look past the overly competitive, domineering Alpha male for a man who's in touch with his inner Beta qualities-- someone who is communicative, responsible, thoughtful, and collaborative. Demonstrating that most people are a combination of both sets of qualities, she includes a revealing test to help readers define where they (and their partners) are on the Alpha-Beta spectrum.

You can take the quiz here: alphawomanthebook.com/quiz/

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Nathaniel Mitchell:

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