

WORK & LOVE INTEGRATED

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**HOW TO  
BE A BOSS  
LADY  
WITH AN  
ALPHA  
MAN**

YOURS TRULY, B

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B.M KATIP

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Dear Readers,

I actually had a hard time thinking of the book title but hey I figured it out.

*How to be be **Boss lady** with an **Alpha Man***

**Yours Truly, B**

This book is dedicated to the woman behind every successful man.  
(Of course, the woman I am referring to can be your mother,  
sister or girlfriend)

But this book is specifically for the Boss lady - the  
girlfriend. The one only one who can tell their CEO boyfriend to  
throw the garbage as soon as they get home.

Chapter 1:

## **Behind The Visionary**

So, what's a visionary? Well, I don't wanna search on google and look for it. But if you know Tony Stark, that man was a visionary. Bill Gates, Mark Zuckeberg, Elon Musk, Dan Lok, Oprah Winfrey, Beyonce, and many more entrepreneurs. Those are visionaries because if you are not one, then you can't be a leader nor a CEO. Going back, when your man is a visionary, most likely, he sleeps late because he cannot stop thinking of the next step or not satisfied with the 24-hour work he has done. Oftentimes, when you are sleeping beside them, you thought they were already sleeping just because their eyes were close but nope honey! They are still thinking. When you are walking down the street, you will say something but they won't hear it clearly because their mind is somewhere elsewhere. Maybe, if you are lucky, the only time you will be able to talk with them is before you go to sleep or when you are eating.

So, now you know them and you find the scenarios I said somewhat relatable. As their girlfriend, what are you gonna do about it?

That's where I come in. I gotchu girl!

*Lesson 1: Cold shoulders won't help.*

*(By the way, I might say harsh words but this is also just to toughen you up cause I am not just here to teach you lessons but also empower you.)*

Anyways, what do I mean? You know when you were like 15 then you dated someone, then they did not give you flowers or chocolates on the first day of school then you gave them cold shoulders for the whole day without telling them why. You stop talking to them and hoping they'd realize why. Then they won't know why until you get mad. And you know the rest.

DON'T. DO. THAT.

You are not 15 anymore.

Sometimes, we women just want attention and love from our man. But often times they don't know the proper way of showing it unless we tell them. We are not mind-readers, so are they!

*Solution: Feel the emotion for a little while. Breath in & out, then tell them what you feel, which of their behavior triggered that and the impact.*

Sometimes we cannot control our tone. But hey, control it. The thing is we are not trying to be perfect because that is impossible. What we are doing is showing and teaching our man how to treat us properly.

Well, you might say "We should not teach them they should know" well boo, I don't know what Facebook has been telling you but that is not how a relationship works.

Imagine you start shouting at them or they start shouting at you, wouldn't it be nicer if you talk calmly?

Maybe to some people it works but always make sure you solve the root of the problem.

Tell them specifically which part of their behaviour made you feel that way and the impact of that behavior. Don't generalize it.

They will do their best to learn your love language. And it will be the cutest thing ever.

Trust me.

Chapter 2:

### **Behind the Starting-Up**

Okay, so this is the part of your love story where he starts putting his vision into reality. Where he starts buying cartolinas, markers, gtech pens, or any office materials. This is when he uses his laptops more, he is either thinking of how to get the money to start his business or how to get the first client. Note that his brain is

not stopping. Oftentimes because he is too busy. He might bottle up his emotions, fear, worries or anything.

Simply because he does not want his emotion to get the best of him. But we ladies, we have a gut-feeling. We know when he is lying or telling the truth. You can ask him “How are you? Are you okay?” And he might answer “Of course, I am! I am always okay” but you know deep inside they are not okay.

*Lesson 2: Don't be like “What are you thinking girls?” Or create any suspicions. Ask him instead.*

They hate to hear that question. They will feel as if you don't trust them. It will just pile up and you two will fight even more.

This is also just to protect yourself from always being emotionally tired and protecting your mental health. Know that even if you are looking after him, you are looking after you first.

*Solution: Genuinely ask them if you can help them or cook them pancakes then they will talk. A man with a full stomach speaks better.*

Alpha men don't usually ask for help. Cause you know they feel like they can do everything already. And you the girlfriend, you feel useless so you ask if you can help. If they said no, cook their comfort food or buy their favourite McWrap.

Because it is true. A way through a man's stomach is through his tummy.

Meaning when they are eating or after they eat, their body is more relaxed. It can think properly. Then you can ask him questions. I know this sounds silly but it works.

Know that they are working hard. They get hungry easily and so will you. They might share you their fries.

## Chapter 3:

### Behind the first failure

It will fail. That's the reality. It will face its first downfall. The first "no" from a client. You will see your man in a suit crying or looking frustrated. These are the times when you don't know what to do because you are in the middle of figuring it out or saying nice things instead.

You know your man, you know if it is the best time to approach them but if this is your first time. Asking can be your first step. Ask them if they want to be alone for now or they wanna talk about it.

*Lesson 3: Don't talk so much about how good your day went or don't be too chatty.*

It will make them feel as if they have no one to talk to. Sometimes you might just be feeling up the space so it won't be quiet and awkward. That makes sense. But silence is another love language too.

*Solution: Ear & Air.*

But did you know how amazing the power of silence is? It can be the most powerful thing to do.

These are the times when they need an ear or air. What do I mean by air?

They wanna walk. Go out. Unwind for a little while. It does not have to be expensive. They just have to go to a space where they can breathe for a little while. Talk to you. Walk with you. Eat strawberry icecream.

Then little did you know, they will start talking and telling you what happened. But because they are entrepreneurs, they will get back on their feet! Start working again in no time.

Hug them on the times they feel as if they are the failure. I bet you felt like a failure before too, so you know what it feels. You taught yourself to get back on your feet again. You loved yourself even more. Because of that you know how to comfort someone who failed too. Especially when that person is him.

This is why you have to love yourself so much that you won't run dry.

We have the power to show them the beauty of love and they will admire you for that. I guess that the most powerful thing about being a woman is we know what love and comfort is.

Chapter 4:

**Behind time**

As they get busier with their business. Their time with you is getting a bit lesser. You might just see them when they get home. He will not talk to you or chat with you more often.

I read this blog and it says "the 6th love language is distance"

It says "when you love someone sometimes you have to leave them alone"

*Lesson 4: distance is also a form of love. Know that he is a person, not another piece of you. You are already complete.*

It sounds odd, right? But this will give the two of you time for yourself. It will make you less dependent on him.

*Solution: Set a date where you can have a date so you both have something to look forward to.*

Your date does not have to happen on a yacht, trip to Paris, or any fancy thing. YET. One day you will. But for now look for something affordable or do something fun with him and set a date. The thing about dates is they remind you of the butterflies in your stomach, although of course you always get it when you see him.

Here's a reminder, don't become too clingy that it will lead to you two fighting everyday. Like of course! It is okay to always want them close to you, cuddle with you and all but you have to realize that he can't always be there.

Oftentimes couples who are always together 24/7 everyday tend to fight a lot.



You should make them miss you every once in a while.

Example: he is in a meeting or writing a book and he is in the middle of it but because you want him to go home because you miss him, you started flooding him with messages, like okay its cute! But anything too much, is not healthy. Oftentimes we have to sacrifice the little things.

So, am I telling you to be less sweet and clingy? No. I am telling you to know when to distance yourself to let the person you love do their work.

Visionaries hate it when they get disturbed especially when they are in the middle of a good idea. Sorry to say this but it shows respect to your man, knowing when to use the I-am-girlfriend-card will be really helpful.

By the way, you are a strong woman so be the boss of your emotions. Yes yes there will be times when our hormones are playing with us. Honestly, you should tell them that it is that time of the month. He will be more cautious.

Chapter 5:

### **Behind Is A Strong Woman with Red Lipstick**

So, let's talk about your heart. We women have this thing called "intuition", something we are born with. It is like a gut-feeling, it is what you feel when you go out of your room and you said "Nah! I won't bring my coat or umbrella, it won't rain" but something is telling you that you should. Then boom! It rained and you got stuck in the bus terminal.

It is one of God's beautiful gifts to women. A time will come when your man will start talking with girls, they can be a client, their secretary or someone in their business. Of course, as a woman, you know how a woman acts and speaks when they like someone cause damn you flirted with your man before too. When your man starts talking about this woman from work of course even though you are a wonder woman - girl you will still get a bit jealous or a gallon of jealousy. You can either keep it or talk about it with him. Which one will you pick?

*Lesson 5: Calming down and being honest with him will prevent you two from fighting over someone who may or may not like your man.*

First, feeling a bit jealous is not totally a bad thing. It makes you human. You love the person of course. The moment you feel jealous. Breathe in and out, then ask about this woman and if you could meet her. Don't like rants and say "Oh! You like her! Why do you always talk to her?!" like speaking from love no matter how angry you are or frustrated.

Be mature enough to say what you feel properly. Once again, I am not telling you to be perfect but knowing the consequence of what you are gonna do can help you in the long-run. Be smart.

Who wants a nagging person? No one.

*Solution: Don't rant. Use effective words.*

You can be quiet for a while but eventually tell them why. What's causing you to be quiet. Hiding what you feel from him will just cause distrust in your relationship more. It will impact you both in the future. You know how you think, right? We are over-thinkers. We make scenarios in our head. So to prevent that from being a big deal. Fix it while it's still small.

I remember a couple where the man got so busy that he does not message the girl good morning or update her. Like he just sends a few messages. The girl missed him so much, so before she slept, she messaged him and said "goodnight. I miss you. I understand you are really busy but a quick good night will be appreciated"

So the man felt bad and said "Let's call".

So they were on the phone. The man said something the girl will always remember, "My love, can you tell me how can we fix this? How can I make you feel more loved?"

The girl smiled. As if she was not mad.

Until they found a way. Then boom! Fixed.

You know how important it is in a relationship to be a learner? Important. Your man will change and so do you. You will learn new things and he will gain more knowledge about cars. There will be things you don't know yet and so he teaches you. Vice Versa.

Let me tell you a story. There was this couple, the girl is clingy and sweet while the man is sweet as well but sometimes he does not know how to respond to the girl's love action.

One day, they were on a bus, it was night and rainy and the aircon from the bus was giving the girl chills. So she said "I'm cold" as he waited for the guy to hug him. But he did not.

So they went home and the girl was quiet. Until she talked to him, "Hey! Can I teach you something, it's my love language?" the man replied "Okay love!"

She said in a very calming voice, "Okay, when I say 'I am cold' you hug me okay?"

And the next sentence she said made it all better.

She said, "Do you wanna try it?"

So they acted it out as if they were in the bus and she got cold. Then they laughed after.

*Lesson 6: it is not about what happened but how you two will approach the problem.*

Everyday we have to aim to be the best version of ourselves. There's nothing better than a couple who chooses to grow. What is your relationship becoming?

About that story, the man improved. Whenever his lady is cold, he will wrap his arms around him.

A relationship that is not growing, is dying.

To the men, you are one hell of a lucky man. Keep her.

To my ladies, you are tough for being the woman who never stops supporting your Alpha man. In this book, you are the Boss Lady of your life.

Do not forget yourself.

I will write more about this soon... so if you want to talk with me more:

**bossladybook@gmail.com**

This is where I will pause my "**How to be be *Boss lady* with an *Alpha Man* Yours Truly, B**" I will continue it soon...

If it works for you, great.

If you wanna hear more, perfect.

*"Behind every great man is a great woman"*

*Proverb*