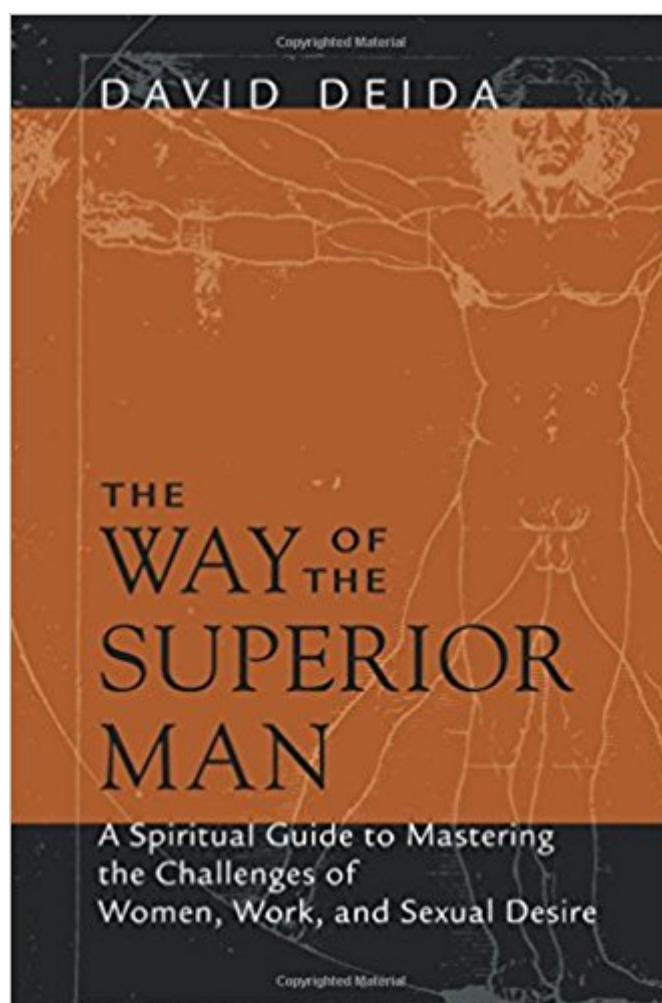


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The Way Of The Superior Man: A Spiritual Guide To Mastering The Challenges Of Women, Work, And Sexual Desire



Synopsis

"I keep giving this book away; I think I've owned 30 different copies already. I tend to pass it out to anybody, man or woman, who has made a commitment to or even has a passing interest in the art of loving. David Deida gets it, like no one I've ever read, and he writes about it forcefully, honestly, and downright poetically." — Michael Tucker, actor and author

The Way of the Superior Man is quite wonderful. Finally, a guide for the noncastrated male. This book will offend and infuriate some, inspire and test others, but challenge virtually everybody. I found it wise, insightful, occasionally brilliant, and always resourceful. To transcend the body-mind means to transcend and include its sexuality, not transcend and evaporate it. Few are the books that discuss strong sexuality within strong spirituality, instead of tepid sexuality diluted by a mediocre spiritual stance. This book steps straightforwardly into the challenge. Love it or loathe it, it is a shout from the heart of one perspective of the eternal masculine." — Ken Wilber, author of Sex, Ecology, Spirituality; No Boundary; and Grace and Grit

At last! A book that explains the heart and soul of a woman to men. As a woman, I've never felt so understood and validated. This book is a key to helping men and women take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships." — Marci Shimoff, co-author of the New York Times #1 bestseller Chicken Soup for the Woman's Soul

The Way of the Superior Man lays out a challenge before all men to fulfill their true purpose and to be authentically masculine. It will guide you on your journey to a successful and spiritually complete way of life. I invite you to live in the moment, to love openly, and to step up to the plate with this book in your hand." — Tony Robbins, author of Awaken the Giant Within and Unlimited Power

David's work speaks to the core of our work as men. He offers a bold view of men, and challenges us to stand up and lay claim to the beauty and power of the masculine. He does not advocate superiority as in 'superiority to women.' He speaks of superiority as the Greeks might. The challenge is strictly internal. The invitation is to rise above our mediocrity, to let go of making excuses for our own laziness, to stop apologizing for who we are, and to stop blaming others or our childhood for how we've become. He asks that we step into the fullness of our being—intense, focused, powerful, clear. And directly connected to our hearts." — Dennis Mead-Shikaly, Executive Director: The ManKind Project / New Warrior Network

The Ultimate Spiritual Guide for Men

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions—but you may not have had much luck answering them. Until now.

In The Way of the Superior Man, David Deida explores the most important issues in men's lives—from career and family to women and

intimacy to love and spirituality and relationshipsâ ”to offer a practical guidebook for living a masculine lifeÂ ofÂ integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a lifeÂ ofÂ fulfillment, immediately and without compromise."It is time to evolve beyondÂ theÂ macho jerk ideal, all spine and no heart," writes David Deida. "It is also time to evolve beyondÂ theÂ sensitive and caring wimp ideal, all heart and no spine."Â TheÂ WayÂ ofÂ theÂ SuperiorÂ ManÂ presentsÂ theÂ ultimate challengeâ ”and rewardâ ”for today’sÂ man: to discovertheÂ 'unityÂ ofÂ heart and spine' throughÂ theÂ full expressionÂ ofÂ consciousness and love inÂ theÂ infinite opennessÂ ofÂ theÂ present moment.

ContentsPart One: Â AÂ Man'sÂ Way Part Two: Â Dealing With Women Part Three: Â Working With Polarity and Energy Part Four: Â What Women Really Want Part Five: Â Your Dark Side Part Six: Â Feminine Attractiveness Part Seven: Â Body Practices Part Eight: Â Men's and Women's YogaÂ ofÂ Intimacy

Excerpt:This book is a guide for a specific kindÂ ofÂ newly evolvingÂ man. Â ThisÂ manÂ is unabashedly masculine-- he is purposeful, confident, and directed, living his chosenÂ wayÂ ofÂ life with deep integrity and humor-- and he is sensitive, spontaneous, and spiritually alive, with a heart-commitment to discovering and living his deepest truth. This newly evolvingÂ manÂ is not a scared bully, posturing like some King Kong in chargeÂ ofÂ theÂ universe. Â Nor is he a new age wimp, are spineless, smiley, and starry-eyed. Â He has embraced both his inner masculine and feminine, and he no longer holds onto eitherÂ ofÂ them. Â He doesn’t need to be right allÂ theÂ time, nor does he need to always be safe, cooperative, and sharing, like an androgynous Mr. Nice Guy. Â He simply lives from his deepest core, fearlessly living his gifts, feeling throughÂ theÂ fleeting moment intoÂ theÂ opennessÂ ofÂ existence, totally committed to magnifying love.

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Customer Reviews

"I keep giving this book away; I think I've owned 30 different copies already. I tend to pass it out to anybody, man or woman, who has made a commitment to-or even has a passing interest in-the art of loving. David Deida gets it, like no one I've ever read, and he writes about it forcefully, honestly, and downright poetically."-Michael Tucker, actor and author "The Way of the Superior Man is quite wonderful. Finally, a guide for the noncastrated male. This book will offend and infuriate some, inspire and test others, but challenge virtually everybody. I found it wise, insightful, occasionally brilliant, and always resourceful. To transcend the body-mind means to transcend and include its sexuality, not transcend and evaporate it. Few are the books that discuss strong sexuality within strong spirituality, instead of tepid sexuality diluted by a mediocre spiritual stance. This book steps straightforwardly into the challenge. Love it or loathe it, it is a shout from the heart of one perspective of the eternal masculine." -Ken Wilber, author of Sex, Ecology, Spirituality; No Boundary; and Grace and Grit "At last! A book that explains the heart and soul of a woman to men. As a woman, I've never felt so understood and validated. This book is a key to helping men and women take their relationships one step further. Finally, a clear and brilliant guide to unraveling the mystery of relationships."-Marci Shimoff, co-author of the New York Times #1 bestseller Chicken Soup for the Woman's Soul "The Way of the Superior Man lays out a challenge before all men to fulfill their true purpose and to be authentically masculine. It will guide you on your journey to a successful and spiritually complete way of life. I invite you to live in the moment, to love openly, and to step up to the plate with this book in your hand."-Tony Robbins, author of Awaken the Giant Within and Unlimited Power "David's work speaks to the core of our work as men. He offers a bold view of men, and challenges us to stand up and lay claim to the beauty and power of the masculine. He does not advocate superiority as in 'superiority to women.' He speaks of superiority as the Greeks might. The challenge is strictly internal. The invitation is to rise above our mediocrity, to let go of making excuses for our own laziness, to stop apologizing for who we are, and to stop blaming others or our childhood for how we've become. He asks that we step into the fullness of our being-intense, focused, powerful, clear. And directly connected to our hearts."-Dennis Mead-Shikaly, Executive Director: The ManKind Project / New Warrior Network

David DeidaAcknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His ten books are published in more than twenty-five languages worldwide and are required reading in university, church, and spiritual center courses. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available. He is a founding member of Integral Institute, and has taught and conducted research at the University of California-San Diego School of Medicine, University of California-Santa Cruz, San Jose State University, Lexington Institute in Boston, and Ecole Polytechnique in Paris, France. Some of his recent books include Blue Truth, The Enlightened Sex Manual, The Way of the Superior Man, and Instant Enlightenment.Â

The title is deceptive. This is religious new age hipster preaching. Trying to turn the listener into a bleeding heart, "sensitive" man who gets in touch with his "feelings" and use magical rituals to connect with a woman.Terrible.

I really enjoyed this book, and took so much away - I will likely read it again.

I found this book to be absolutely amazing. I found this book from a man named Elliott Hulse. This book gave me great insight into why I feel certain ways in different interactions with women and the world itself. The book gives you many examples and descriptive insight as to why men feel a certain way in certain interactions in life. Reading this book is a MUST. 10/10

Life-changing perspective on men and women that totally makes sense. Too much information to absorb. Expect to highlight and reread over and over. Can be used as a relationship Bible.

Stop trying to force fit yourself into the modern gender-neutral society. Be a man! Just remember to be polite & respectful. Good reminders in this book. I would have liked more real-world examples to go along with the spiritual concepts, but I did get assurances that it's not only okay to think & feel like a man, but it's also better for me, the women in my life, and the world.

This book changed the way I perceive women, and changed my life (I now coach other men on their relationships with women). I buy a copy for every male friend I have and give it as a gift - my way of

trying to change the world a little bit at a time. Men, don't hesitate - READ THIS BOOK!

This book is such a great help when coming to just life, love, and spirituality in general and in detail. I love how bluntly and straight forward David is :) Divine Masculine and Divine Feminine definitely must maintain themselves individually before being with their life partner. And if your already with your life partner I suggest this book to you. It will only help improve your connection with your spouse and other women even more! I Suggest this book for all men and even women! It is such a great book! Women, you will feel more understood. Men, you will be so thankful and appreciative of this book that you will have such a different perspective and new happiness to your life. :)David put things together perfectly for me and my relationship with his words in this book. Not just with my fiancée. With all girls period! I was much more able to understand exactly where women are coming from and what they mean when they say things out of there mouth's that most men just don't get or get pissed off/angry at. I never got that way with women but I am much more willing to accept the gift that all women have to give me in my daily life. LOVE. The feminine sure do have so much unlimited love to give out if you are only willing to accept it :]

Was recommended this Foot Book from a friend period was a little skeptical about it after reading a brief synopsis of what it was about. Finally gave in and decided to give it a try. Now I am happy to say that this will definitely be one of my top 10 in my personal Library. A great read for someone looking to get a better understanding of the opposite sex.

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