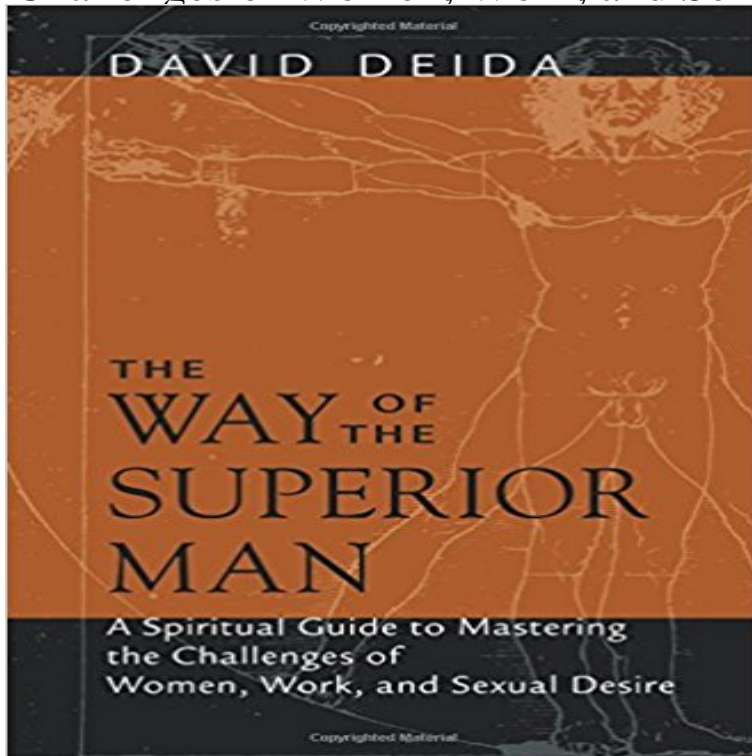


The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire



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. â€”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 beingâ€”intense, focused, powerful, clear. And directly connected to our hearts. â€”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 questionsâ€”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 livesâ€”from career and family to women and intimacy to love and spirituality and relationshipsâ€”to offer a practical guidebook for living a

masculine life of 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 life of fulfillment, immediately and without compromise. It is time to evolve beyond the macho jerk ideal, all spine and no heart, writes David Deida. It is also time to evolve beyond the sensitive and caring wimp ideal, all heart and no spine. The Way of the Superior Man presents the ultimate challenge and reward for today's man: to discover the unity of heart and spine through the full expression of consciousness and love in the infinite openness of the present moment.

Contents

Part One: A Man's Way

Part Two: Dealing With Women

Part Three: Working With Polarity and Energy

Part Four: What Women Really Want

Part Five: Your Dark Side

Part Six: Feminine Attractiveness

Part Seven: Body Practices

Part Eight: Men's and Women's Yoga of Intimacy

Excerpt: This book is a guide for a specific kind of newly evolving man. This man is unabashedly masculine-- he is purposeful, confident, and directed, living his chosen way of 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 evolving man is not a scared bully, posturing like some King Kong in charge of the 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 doesnt 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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