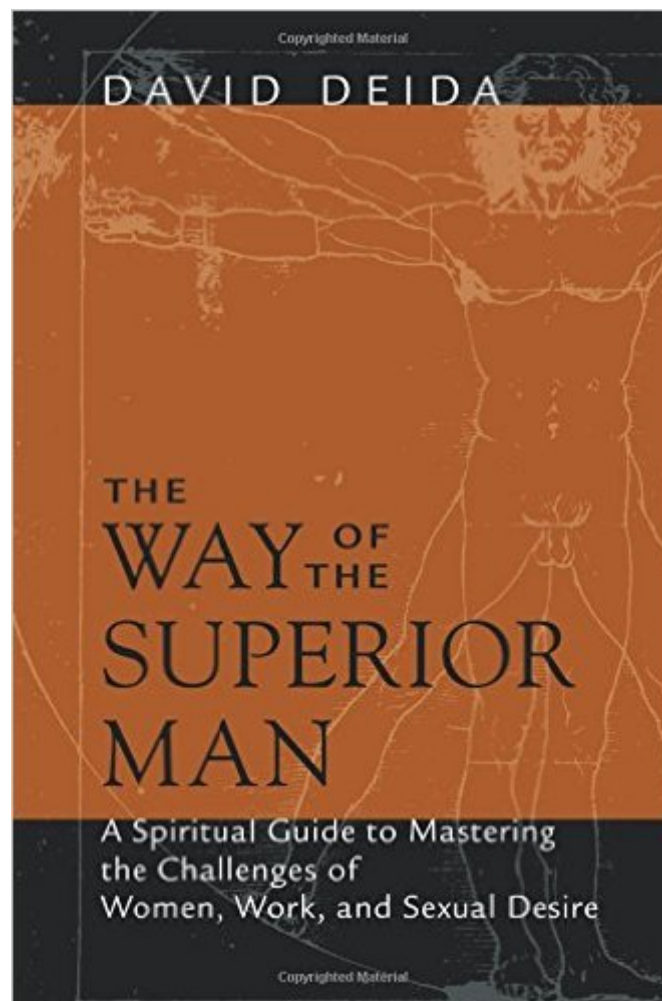


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# The Way Of The Superior Man: A Spiritual Guide To Mastering The Challenges Of Women, Work, And Sexual Desire



## 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 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 challengeâ ”and rewardâ ”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. Nor is he a new age wimp, are spineless, smiley, and starry-eyed. He has embraced both his inner masculine and feminine, and he no longer holds onto either of them. He doesn't need to be right all the time, nor does he need to always be safe, cooperative, and sharing, like an androgynous Mr. Nice Guy. He simply lives from his deepest core, fearlessly living his gifts, feeling through the fleeting moment into the openness of existence, totally committed to magnifying love.

## Book Information

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## Customer Reviews

First of all, if I wasn't already familiar with the good ideas in this book, I would have summarily dismissed the whole thing as feel-good spiritual nonsense. Deida's writing looks like mine when I just start writing what I feel without really trying to make any logical sense. The effect on me while reading was that even though I knew in my head that the words were gibberish, I knew exactly what he was trying to say and which important concepts he was trying to impart. It was an odd experience. The good:- Not only does the book start from the premise that there IS a desirable middle ground between being a timid wuss of a man-boy and being a knuckle-dragging, chauvinistic thug; the whole book attempts to be a manual on how to become that middle ground. I would say it's even a good start at succeeding.- Emphasis on living in pursuit of your own purpose. Not your dad's, not your girlfriend's, not that of disembodied pop culture. Yours.- The fundamental principle of giving to the world instead of taking.- The focus on rooting out insecurity.- The discussions about fundamental differences between masculine and feminine. If you take away nothing other than the realization that there are in fact big differences, the book is worth the read.- Discussions on things like ego death, living consciously, and the notion of "emptiness." These are basically repackaged Buddhist and samurai concepts. They aren't new, but they are important. The bad:- If I read the words "truth" or "love" one more time I thought I might try to reach through my Kindle and choke the author. I disagree with the top positive reviewer: the writing got repetitive VERY quickly.- The spiritual slant of the writing probably alienates a lot of readers, including me.

I've noticed that the positive reviews of this book all are by people who say they've taken the advice, while the pans all have come from people who put forth a lot of excuses for why the book would never apply to them or contains advice unpalatable to them. I've received this same reaction from people to whom I've suggested the book or to whom I've read passages. Those who refuse to even try the advice in "Way of the Superior Man" truly seem unable to comprehend what richness of life they are missing. Many reviews here have misconstrued the advice to say that the woman should not help with family income or other relationship- or lifestyle- work. Nothing in the book claims any such thing; but the book does offer a fundamental paradigm shift in identity for anyone in a relationship who will simply try the advice for even a single day. This book rocked my world to its

very foundation and changed my view of life at the most profound possible level. I was moved to tears (manly ones, though, of course) by the last three chapters. I was amazed at how the book just kept getting better and better and better. Most self-help books run out of steam by the end, or leave a reader feeling: "Yeah, yeah, I get it already, I don't need to see every possible permutation of the patterns you've been describing for page after numbing page," but this book just keeps building and building in intensity until it reaches a mighty crescendo. At the same time, the language simultaneously becomes more earthy and more direct. The building urgency and impact of the message, couched in ever-more human, no-bull, language, turns every sentence into divine poetry. Lines like: "There is nothing to wait for and no one to blame," spoke to me at the very deepest levels.

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